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RIPPED TO SHREDSWATCH GETAWAY OR HANG OUT  
AT AMERICAN APPAREL. YOU'LL  
GET ABOUT THE SAME LEVEL OF  
'PERFORMANCE,' REEL GUYS SAY

PAGE 17

It's a tough job, but  
somebody does itFighting wildfires takes moxie, to be  
sure, but when the Heatseekers Unit  
arrives at the doorstep of an inferno,  
they're all about safety PAGES 12-13Happy Labour  
Day weekend!There will be no Metro on  
Monday, but be sure to pick us  
up again on TuesdayNO HAIR  
BANDSLIVE  
88.5fm

## MEET MR. TUBBS

The Ottawa SkyHawks announced Thursday they had come to terms with their newest player, Justin Tubbs, a six-foot-three guard who played NCAA Division I at East Tennessee State University. Tubbs (3) is seen here driving against Tennessee defenders during the first half of a game in Knoxville, Tenn., in December 2009.

WADE PAYNE/THE ASSOCIATED PRESS

Handyman killed  
woman, set house  
on fire, cops allegeMotive yet to be found.  
Gatineau cops charge  
man with murder,  
arson in July killingGRAHAM  
LANKTREE  
graham.lanktree@metronews.caGatineau police have arrested  
a man in the death of 64-year-  
old Diane Lahaie. Lahaie's  
body was discovered in her  
burned out home July 27."He was arrested for the  
homicide and the arson at the  
residence at 14 Gaspé St.," said  
Marc Leduc, an inspector with  
the Gatineau police criminal  
investigation unit.Patrick Dussault, 38, is  
charged with second-degree  
murder and arson. Police ar-  
rested him at his home in  
Gatineau Wednesday at 2:08  
p.m.

"That man was known to

the victim because he was do-  
ing some renovation work at  
her address," said Gatineau  
police spokesman Pierre Lan-  
thier. "The lady — Ms. Lahaie  
— was killed by a sharp object.  
She was dead before the fire."Lahaie was found in her  
home at 14 Gaspé St. July 27  
after neighbours saw smoke  
and fire coming from there at  
9 a.m.Her body was badly burned.  
Initial investigation indicated  
that a small explosion may  
have occurred, pointing to the  
possibility that a propane tank  
for a barbecue may have been  
used to ignite the fire.Lanthier said he could not  
confirm the use of a propane  
tank, offering that an accel-  
erant may have been used to  
start the blaze."We have enough testi-  
mony from witnesses and  
we're able to mention the sus-  
pect was in possession of the  
car of Ms. Lahaie," Lanthier  
alleged.Lahaie's burgundy 2004  
Pontiac Sunfire was found  
abandoned in a commercial  
parking lot. Police said they  
are still working to establish a  
motive for the crime.Dussault appeared in a  
Gatineau courtroom at 2 p.m.  
Thursday afternoon."He seems to be a bit in  
shock. If you were in the same  
position, you'd probably be  
acting the same way," said his  
attorney Marino Mendo.Mendo added that he was  
given CDs by the police that  
lay out the case and must re-  
view them before a disclosure  
hearing Sept. 16. Court docu-  
ments show police dated the  
arson charges July 27, but the  
murder charge against Dus-  
sault is dated July 25."I have to sit down in front  
of a computer and go through  
one by one," Mendo said of the  
evidence-filled disks. "He's lis-  
tening to what I'm saying, and  
he's agreeable to my instruc-  
tions," he said of Dussault.

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# 'Don't Be That Guy' campaign coming to transit stop near you

**Getting the message out.** Anti-sex-assault posters being rolled out to OC Transpo buses in time for frosh week



STEVE COLLINS  
ottawa@metronews.ca

They targeted "That Guy" in Ottawa bars two years ago, and now Crime Prevention Ottawa (CPO) is taking its poster campaign aimed at stigmatizing sexual assault mobile with ads on OC Transpo buses.

The "Don't Be That Guy" posters, featuring messages like "It's not sex ... when she's wast-

ed" and "It's not sex ... when she's passed out," was originally created by Sexual Assault Voices of Edmonton (SAVE), and are used with their permission.

"They're hard-hitting, strong messages," said CPO's executive director, Nancy Worsfold. "In partnership with the sexual assault and partner abuse care program at the Ottawa Hospital we've certainly identified that alcohol is a significant factor in too many sexual assaults and we need to start that community discussion."

Taking the \$20,000 campaign from bars to buses, she added, was a matter of demographics: "It's a place where there are so many young people and students, and that's

why we're launching now in time for frosh week."

Julie Lalonde of anti-harassment group Hollaback! Ottawa supports the ads, but argues they're no substitute for concrete action from OC Transpo.

"It's a CPO initiative and has nothing to do with sexual assaults on transit specifically, but clearly we're supportive of attempts to address sexual assault generally. It will be great to see the Don't Be That Guy initiative rolled out again," she said.

"Since CPO and the hospital are paying for the rollout and not OC Transpo, we believe it's still appropriate to maintain our strong push for an OC Transpo-specific anti-sexual-violence campaign."



WHEN SHE'S PASSED OUT

sex with someone unable to consent = sexual assault

DON'T BE THAT GUY.

save | SAVEottawa.com



One of the posters in the "Don't Be That Guy" campaign. CONTRIBUTED

## Traffic woes as \$600M in construction projects underway



Get used to it: Higher traffic volumes and an ambitious construction schedule are likely to lengthen commutes this fall. STEVE COLLINS/FOR METRO

City officials are warning motorists to plan ahead and expect delays next week when summer vacations end and a busy construction season continues.

"As families go back to work and school, we typically notice a change in habits right away with a significant increase in traffic and congestion," said transportation committee chair Keith Egli. "This fall, traffic will be especially noticeable."

The widening of Highway 417 and reconstruction on Sussex Drive are expected to cause some of the worst delays, possibly greater than 20 minutes. Queen Street and Rideau Street will be other trouble spots, with potential delays of 10 to 20 minutes.

Despite 375 projects underway, including the resurfacing of 100 kilometres of area roads, city officials said Ottawa weathered the busy summer construction season relatively well.

"Although we have seen an

increase in construction activities, there have been no real unexpected surprises in terms of traffic congestion," said Phil Landry, the city's traffic and operational support manager.

STEVE COLLINS/FOR METRO

### Getting there

As ongoing construction teams up with the busier fall traffic, the city offers the following tips for getting where you're going.

- When possible, avoid travelling during peak periods.
- Be prepared — check reliable traffic sources for up-to-date information.
- Consider carpooling, using transit, cycling or a mix to commute or travel.
- Walk or cycle if you live within 5 km of your workplace or school.
- Consider alternative work arrangements.

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# Fat-to-fit journey about not only exercise but emotion too

**Self Care.** From 450 pounds to 190 pounds with exercise, gastric bypass and a new outlook on life



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

Going from fat to fit has been an emotional journey for Ottawa's Jennifer Branson.

Now, having already lost more than 250 pounds since 2007, she's vying to win \$10,000 to take the next step.

Branson is participating in Genuine Health's Activate Your Inner Champion competition, which encourages people to share their healthy-living success stories.

"I'm going to do it whether I win or lose. I would like to do triathlons and adventure racing," Branson, 40, said Thursday, adding that she already tackled a Mud Hero race and the sprint leg of a Spartan race at Edelweiss near Wakefield earlier this summer.

"This morning I biked over to Hull, did a 40-minute walk and run, and biked back," she said. "I was very high-energy before. The more I exercise, the more it helps me mellow out."

Before a life-changing moment in 2007, when at 450 pounds she found she had trouble even using her own washroom, Branson said, eating was just one part of an unhealthy cycle of self-



Ottawa's Jennifer Branson in before-and-after shots attesting to her journey from fat to fit. Before a life changing moment in 2007 when at 450 pounds she found she had trouble even using her own washroom, Branson said, eating was just one part of an unhealthy cycle of self-destructive behaviours that included heavy marijuana use and smoking. CONTRIBUTED; GRAHAM LANKTREE/METRO

destructive behaviours that included heavy marijuana use and smoking.

"People think that if they lose the weight it will solve their problems," she said. "Most people go on a yo-yo diet. They're not working on the emotional component. I was using cigarettes to soothe myself, or weed. I used to look at doughnuts

and know that doughnut would rub my back at the same time."

After losing 80 pounds walking 10 kilometres a day Monday to Friday for three months, Branson underwent gastric-bypass surgery in 2009. Yet the operation was just the start of her emotional journey. "I never thought I would have worked so long

and hard toward something that is gratifying at the end, rather than when you're going through it," she said, adding that she has also taken up therapy so as to work on her mind at the same time as her body.

"Obesity is an epidemic," she said. "It's an instant gratification from comfort food. Food is a self-soother. When I

ate, I would get five minutes of self-gratification."

Now she works out three times a week doing strength training and is able to indulge every once in a while. "You pick healthier treats," she said, adding that she has shifted to buying different foods and following healthful recipes.

"I've never looked at it as

losing weight. I looked at it as getting healthy," she said. "People see me and think I have this quick fix. But it's a lot of work. You're encompassing all areas of being. People focus on the scale, but it's all about self care."


You can vote for Branson in the Genuine Health's competition, which closes Aug. 31, at [genuinehealth.com](http://genuinehealth.com).



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Marva Friday, director of the Samaritan Support Services of Ottawa Carleton, said the new database would prevent duplication of charitable giving for local non-profits like hers. GRAHAM LANKTREE/METRO

# Database ensures Ottawa charities don't give twice

**Time for an upgrade.** Province helping to fund the improvement of high-tech software



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

A database to ensure Ottawa's non-profits don't duplicate charity efforts has already saved millions of dollars and promises to save millions more with a \$28,500 upgrade from the Ontario Trillium Foundation.

"It's been able to save organizations in the Ottawa area over \$2 million over the last three or four years," said Ontario Minister of Energy Bob

Chiarelli as he announced the funding.

The money is set to go to the Caring and Sharing Exchange, which once focused only on giving at Christmas, but has since expanded to back-to-school charity and other initiatives.

"They are going very high tech ... to co-ordinate the services of Ottawa-area charitable groups," Chiarelli said. He said the group aligns the work of 300 local charities.

Duplication can be a big problem, with agencies having to ensure needy families only get one set of the things they asked for, said Marva Friday, director of Samaritan Support Services of Ottawa Carleton.

It's not that people willfully game the charity system, but they may go to her charity

**More to give**

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The old software has saved charities \$616,000 in the past year

and approach others at the same time, she said.

"(Now) we can get together and know what's going on."

The old database was created ad hoc, says Cindy Smith, Caring and Sharing Exchange's executive director. The next iteration will use the more advanced Netsuite platform to become more efficient and user-friendly.

"This will help us ... focus on our program work, which sees us handing out Christmas food hampers to 25,000 people," said Smith.

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# Attention, students: Job recruitment happens sooner than you think

Post-secondary students packing their school bags for their final year could have a better chance snagging their dream job if they also pack copies of their resumé.

"The accounting firms, for example, are on campuses in September and doing interviews and possibly even filling positions before the fall has even really come," said David Rodas-Wright, co-ordinator of employer relations at the University of Ottawa.

He said grads with their heads in the game have a leg up when it comes to job hunting. Students looking for jobs in engineering, accounting and the federal government who come to school prepared often get snapped up before receiving their degree.

"They're at the events with resumé in hand and they've done their research and typically they are finding jobs much faster than those who are trying to catch up," he said.

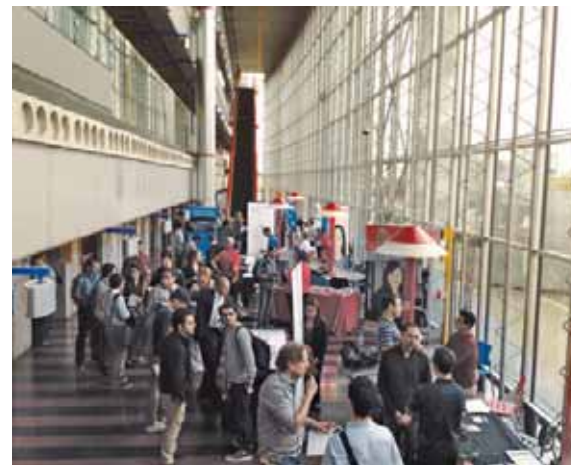
The U of O, Carleton and Algonquin all have career ser-

vices that align students with job opportunities, offer mock interviews and help polish resumé. Rodas-Wright says that U of O even uses social media to get the word out about these early recruitment programs.

"When you're coming

back — and of course you're diving right back into your studies again, getting set up, reconnecting with people, reconnecting socially — it's a real challenge just to kind of keep on top of that," said Rodas-Wright.

HELEN PIKE/FOR METRO



According to the co-ordinator of employer relations at the U of O, some companies are snatching up students before the fall is even over. CONTRIBUTED





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\*Source: Nanos Research Survey, August 2013



Lianna McDonald, executive director of the Canadian Centre for Child Protection and Justice Minister Peter MacKay look on as Prime Minister Stephen Harper speaks in Toronto on Thursday. FRANK GUNN/THE CANADIAN PRESS

# PM proposes crackdown on child sex offences

## Harsher penalties.

Tories to introduce legislation aimed at keeping those who sexually exploit kids in prison longer

Child sex offenders, particularly those who victimize multiple kids, could spend longer in prison under a range of harsher penalties proposed Thursday by the prime minister.

## Quoted

**"Sadly there are truly evil people out there... We don't understand them and we don't particularly care to."**

Prime Minister Stephen Harper

The Conservative government plans to introduce legislation this fall aimed at cracking down on people who sexually exploit children, Stephen Harper announced.

nounced.

"Sadly there are truly evil people out there. The fact is we don't understand them and we don't particularly care to. We understand only that they must be dealt with," Harper said at an event in Toronto.

"To protect our children we must create a justice system that is more responsive to victims and especially more responsive to children and to the families of children who have been victimized by sexual predators."

THE CANADIAN PRESS

# Harper: 'Do I seem like I smoke marijuana?'

Justin Trudeau has done it. So have premiers Kathleen Wynne and Darrell Dexter.

Even Toronto mayor Rob Ford says he's smoked pot.

Almost everyone on the political scene seems to have tried it, except for Stephen Harper.

The prime minister chuckled during a media scrum Thursday when asked if he too is part of the parade of politicians who've come out recently to concede they've smoked marijuana.

He took the opportunity to hammer Trudeau and the federal Liberals on the issue, accusing them of promoting pot use among children at the expense of developing an economic policy.

"Do I seem like I smoke marijuana?" Harper asked in response to a reporter's question.



A cavalcade of cannabis confessions was prompted by Justin Trudeau's admission last week that he's smoked pot in the past.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Harper said his asthma precluded smoking. "From a very young age, I have been an asthmatic and smoking anything has been out of the question since the time I was very small," he said.

## Chronic politics

Ontario's premier and Toronto's mayor also recently confessed that they too have smoked marijuana.

- Premier Kathleen Wynne came clean about puffing pot "very, very infrequently" and stopping 35 years ago
- Toronto Mayor Rob Ford said, "Oh yeah, I won't deny that. I smoked a lot of it."

The cavalcade of cannabis confessions was prompted by Trudeau's admission last week that he's smoked pot in the past, at least once since becoming an MP. THE CANADIAN PRESS

## Canucks in space?

### Almost 7,000 Canadians want to live on Mars

A project that aims to put people on Mars has fallen short of the expected number of Martian wannabes, but with the Aug. 31 deadline almost here, nearly 7,000 Canucks have applied to join Mars One — a \$6-billion project that plans to establish a colony on Mars by 2023. THE CANADIAN PRESS

## British Columbia

### Raid uncovers nearly 200 guns

Police have seized nearly 200 guns in B.C., arresting a man who investigators allege was purchasing weapons legally and selling them to the highest bidder.

Officials announced the seizure Thursday, almost a week after raiding the home of a man in Tatla Lake, more than 300 kilometres north of Vancouver. THE CANADIAN PRESS

## Manitoba

### Two-foot alligator removed from Winnipeg home

An alligator was removed from a Winnipeg home on Wednesday.

Police and Animal Services officials received a tip about the animal.

Animal Services is working to find a home for the alligator at a zoo. METRO

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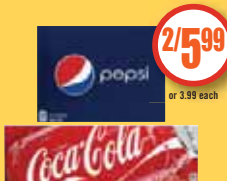
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TIDE LAUNDRY DETERGENT (1.18L) or  
SNUGGLE FABRIC SOFTENER (1.47L)  
Selected Types  
Limit 4. After limit 5.99  
Rest of Week 5.99



2/\$5  
or 3.49 each

RUFFLES (235g) or  
TOSTITOS (220g - 320g) CHIPS  
Selected Types  
Limit 4  
Rest of Week 3.49



3<sup>49</sup>  
EACH

KRAFT  
PEANUT BUTTER 500g - 1kg  
Selected Types  
Limit 4. After limit 4.49  
Rest of Week 4.49



1<sup>77</sup>  
EACH

EVERYDAY MARKET  
SUGAR 2kg  
Limit 4. After limit 1.99  
Rest of Week 1.99



5<sup>99</sup>  
EACH

NICE 'N EASY ROOT TOUCH-UP, L'IMAGE or  
NATURAL INSTINCTS HAIR COLOUR  
Selected Types  
Limit 4. After limit 6.99  
Rest of Week 6.99



17<sup>77</sup>  
EACH

GUESS MAN, LADIES EAU DE TOILETTE (50mL) or  
JUICY COUTURE PEACE, LOVE & JUICY SET  
Selected Types  
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LIVE CLEAN, FRUCTIS or  
CLEAR HAIR CARE PRODUCTS  
Selected Types & Sizes  
Limit 4. After limit 5.99  
Rest of Week 5.99



4<sup>77</sup>  
EACH

LISTERINE  
MOUTHWASH 473mL - 1L  
Selected Types  
Limit 4. After limit 4.99  
Rest of Week 4.99



12<sup>99</sup>  
EACH

DEPEND or POISE  
INCONTINENCE PRODUCTS  
Selected Types & Sizes  
Limit 4. After limit 14.99  
Rest of Week 14.99



69<sup>99</sup>  
EACH

SONY  
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Rest of Week 89.99  
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+ Environmental Handling or Disposal fees where applicable

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August 31

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# Did dictator have ex-lover executed?

**North Korea.** High-profile singer, allegedly part of Kim dynasty's notorious 'Joy Squad,' turns up dead



**KIERON MONKS**

Metro World News in London

Twelve people were reportedly executed in North Korea this month on pornography charges. Among them was high-profile singer Hyon Song-wol, a rumoured former lover of the Supreme Leader Kim Jong-un, with many observers suggesting she paid the ultimate price for causing embarrassment.

Her case is typical of a culture of sleaze surrounding the leader, North Korean sources told Metro. "Kim Jong-un met and fell in love with Ms. Hyon at a 'Joy Squad' party," a former regime official from Pyongyang said. "She accompanied Kim Jong-un on his business trips to rural areas to spend romantic time alone."

The affair did not last long and the leader now has two "official" women, the insider said, despite the recent birth of a son by Ri Sol-ju, a musician with whom Kim has been

able to cultivate a modern image. The source said Ri suffers from jealousy, and described a recent party in which she threw a glass at Kim.

The "Joy Squad" is a notorious institution that is part of the Kim family dynasty. "They were royal palaces full of masseurs, dancers, musicians, prostitutes and exotic foreign imports," Jasper Beckett, North Korea expert and author of *Rogue Regime*, told Metro.

"It's very likely that Kim Jong-un has continued like his father, who had numerous wives and mistresses. His grandfather would drive around town and pick up any woman he wanted — you could have a hierarchy of wife, official mistress, mistress," said Beckett.

The author goes on to add that previous flings have been exiled or worse.



Hyon Song-wol YOUTUBE



## New Afghan troops graduate as Taliban escalate attacks

New Afghan army recruits stand in formation during a graduation ceremony at the Afghan National Army base on the outskirts of Kabul, Afghanistan. Taliban insurgents staged an evening mountain-pass ambush on an Afghan police convoy patrolling a key highway, killing 15 officers and wounding 10 in western Afghanistan's Farah province, a provincial official said Thursday, the latest in a string of escalating insurgent attacks around the country.

AHMAD JAMSHID/THE ASSOCIATED PRESS

## Canadians held in Egypt. Prosecutor a no-show

Two Canadian men being held in Egypt remained behind bars Thursday with no word on their possible release.

Lawyers representing Tarek Loubani and John Greyson, along with a senior Canadian government official, were hoping to meet with a Cairo prosecutor to plead the case for freeing the men.

But the prosecutor failed

to show up, and the lawyers were forced to leave the prison where the men are being held as a night-time curfew was approaching.

That left supporters of the men disappointed but vowing to continue fighting for their release. It was unclear whether the detention order against them will be lifted.

THE CANADIAN PRESS

## Rape. Victim's mother rejects judge's apology

The mother of a teenage rape victim said Thursday that a judge is "just covering his butt" after he apologized for saying her 14-year-old daughter who eventually killed herself was "older than her chronological age."

Auliea Hanlon said District Judge G. Todd Baugh's apology was "irrelevant" because he has stood by the 30-day prison

sentence given to rapist and former teacher Stacey Rambold.

Her daughter, Cherice Moralez, killed herself before Rambold's case came to trial.

A rally Thursday packed the Yellowstone County Courthouse lawn with hundreds of people, many carrying signs such as "Justice for Cherice" and "14 is 14."

THE ASSOCIATED PRESS



There's a page for that in the new IKEA Catalogue.

Visit [IKEA.ca/Catalogue](http://IKEA.ca/Catalogue) to see it now.



# Britain opts out of involvement in military action against Syria

**Stunning vote.** With Britain out, following a vote by Parliament, the U.S. may still go it alone

President Barack Obama on Thursday prepared for the possibility of launching unilateral American military action against Syria within days as Britain opted out in a stunning vote by Parliament.

Facing skepticism at home, too, the U.S. administration shared intelligence with lawmakers aimed at convincing them the Syrian government used chemical weapons against its people and must be punished.

Despite roadblocks in forming an international coalition, Obama appeared undeterred and advisers said he



An Israeli soldier directs a tank at the border between the Golan Heights and Syria. BERNAT ARMANGUE/THE ASSOCIATED PRESS

would be willing to retaliate against Syria on his own.

"The president of the United States is elected with the duty to protect the national security interests in

the United States of America," White House spokesman Josh Earnest said.

Even before the vote in London, the U.S. was preparing to act without formal

authorization from the UN. Prime Minister David Cameron argued a military strike would be legal, but he faced deep pressure from lawmakers. **THE ASSOCIATED PRESS**

## On military intervention...

### Canada is 'reluctant convert': PM

Canada has no plans for a military intervention in Syria but supports its allies who are contemplating forceful action against that country's regime, Prime Minister Stephen Harper said Thursday.

Harper admitted that lack of international action in light of the apparent use of chemical weapons would set an "extremely dangerous precedent," but added his government has been reluctant on the idea of a western strike.

"Our government has been a very reluctant con-



Stephen Harper

vert to the idea that there needs to be some western military action regarding the Syrian

situation," he said Thursday in Toronto.

"At the present time the government of Canada has no plans, we have no plans of our own to have a Canadian military mission."

Harper said the conflict in Syria is "sectarian in nature" and doesn't appear to have any "ideal or obvious outcomes" for a solution.

He added that Canada stands behind other powers weighing the possibility of a mission. **THE CANADIAN PRESS**

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## Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

### When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.



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### Absolute Smoothie Recipe

- 1 cup water or coconut water
- 1 scoop of Absolute Whey protein powder (or 2 tbsp.)
- 1 tbsp. chia seeds
- 1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
- 1/4 cup fresh blueberries
- 1/2 banana
- 1/4 tsp. cinnamon
- handful of kale
- \* Toss all of the ingredients into a blender and blend until smooth and creamy



Advertisement





**Safety first**

Wildfire crews are trained to follow the LACES protocol.

- **L for lookouts.** One crew member, communicating with a supervisor, watches the fire from an advantageous position and constantly keeps an eye out for sudden changes that could endanger firefighters on the ground.
- **A for anchor points.** A location protected from fire spread from which to start building a fire break or line. Prevents a fire from spreading beyond that point.
- **C for communications.** Teams must keep in constant touch so that everyone can concentrate on their job and identify hazards before it's too late.
- **E for escape routes.** Crews must predetermine routes that can be used to get to safety in case a fire becomes too dangerous.
- **S for safety zones.** Crews must set up open zones within the site that provide refuge.

Source: Canadian Forest Service

**Tools to tame wildfires****1 Chainsaw.** Clearing hazards

Used for clearing fuel from sites and clearing hazards from a forest fire.

**2 Hoses & pumps.** Prevention

After a water source is found, crews wet areas to prevent the spread of fire and then move in on the fire.

**3 Shovel.** Firebreaks

Used for constructing firebreaks, digging hose lines, trenches and barriers.

**4 Pulaski.** The go-to tool

Used to construct firebreaks. It can be used as an axe for cutting and also to dig soil.

**5 Drip torches.** Controlled burn

Used to start small, controlled fires to burn up any fuel before a wildfire gets to that area.

PHOTOS: 1-4: JENNIFER GAUTHIER/FOR METRO; 5: COURTESY B.C. WILDFIRE MANAGEMENT BRANCH; TEXT: MATT KIELTYKA/METRO IN VANCOUVER

**Pemberton Fire Base**

- Two 20-man expanded attack crews
- Four three-person initial attack crews
- Three helicopters
- Five rappel crews and specialized rappel helicopter
- Additional response officers and support staff

Crews load up one of the helicopters at the Pemberton Fire Attack Base so it's equipped to quickly head out to a wildfire. JENNIFER GAUTHIER/FOR METRO

## Heatseekers. Well-trained wildfire crews ready to attack forests smouldering for a fight



MATT KIELTYKA  
Metro in Vancouver

Red flash after red flash lit up a real-time map of British Columbia as reports came in.

A record dry spell in July meant that on Aug. 2 most of the province was under an "extreme" wildfire-danger rating.

People in the outdoors weren't allowed any open flame or campfires and already frowned-upon behaviour — such as casually flicking a cigarette — was now criminal.

But on this day, Mother Nature was the one doing the damage. A hundred new wildfires were recorded as the first storm system in more than a month swept through southern B.C., its flashes of lightning igniting the parched, tinder-dry forests overnight.

The Heatseekers Unit of Pemberton's Fire Attack Base — located just north of Whistler in the province's Coastal Fire Centre — had preloaded one of its three helicopters stationed at the base.

Armed with axes, shovels, chainsaws and hoses, the 20-man unit was ready to rush into nature's inferno at a moment's notice.

Just not at this particular moment.

While crews were attacking fires throughout the province, the remnants of the previous

night's storm made it impossible for Pemberton units to get clearance to fly in the morning, with the imposing Mount Currie next to the airfield completely obscured by the cloud cover.

"There's a lot of anticipation in fire season. Sometimes the hardest part is not being on fires," says Heatseekers unit supervisor Joe Lax, 34, whose flat-brimmed baseball cap and youthful appearance mask years of extensive wildfire experience.

It's only the hardest part if you don't think too much about the long days covered in dirt while working furiously with heavy equipment to contain a hellish blaze as it spreads from one treetop to another overhead. It's not a job for the easily intimidated, or for those afraid to get dirt under their fingernails (and just about

everywhere else).

"There's a bit of glory to it, but most times it's just getting dirty. It's not easy on the body," says Lax. "We are in there for the long haul, start to finish."

"Sometimes we go in there and establish hose lays; we do a lot of burnoff with drip torches to mitigate the fuel between us and the fire. We do line-locate for heavy machinery to build guard around bigger fires and go right down to mop-up, where we use pulaskis and dig up smoldering debris on the ground and put it out."

Given the job description, it's no wonder the majority of the red shirts toiling away at Pemberton Fire Attack Base seem to be extremely fit men and women in their 20s and 30s.

At homebase, they're all



# SOME LIKE IT HOT



A helicopter starts a controlled burn behind an evacuated home in an attempt to reduce the amount of fuel for a wildfire burning on Mount McLean in Lillooet, B.C., in this 2009 photo. DARRYL DYCK/THE CANADIAN PRESS FILE

## Think you've got what it takes to go to blazes?

Have you got enough fire in your belly to become a wildland firefighter?

You're going to need a lot more than that.

It's one of the toughest, meanest, most dangerous jobs in the country, so the people who take it on have to be the very best.

The test for qualifying as a wildland firefighter has the snappy title of the Canadian Physical Performance Exchange Standard. It's shortened to the code WFX-FIT and that translates into one word: sweat.

"It's no picnic" is the very direct warning in the Ministry of Natural Resources guide to

### WFX-FIT

- **Carry pump on back:** 160 metres including ramp eight times
- **Hand-carry pump:** 80 metres
- **Lift and carry hose pack on back:** 1 kilometre, including ramp 50 times
- **Charged hose advance:** 80 metres



It takes mettle to do this: A paratrooper from the Prince George Fire Centre comes in for a landing after leaping from a specialized DC-3 aircraft. COURTESY B.C. WILDFIRE MANAGEMENT BRANCH

qualifying. One training company's guide sums it up: "The job is the test and the test is the job." It's all based on the real world. And the real world is tough.

### Here's the challenge:

After passing a stringent medical exam in order to qualify to try out, candidates take on a 40-metre circuit at one of six training centres in Northern Ontario.

First they do it with a 28.5-kg pump on their back — four times around the 40 metres, including a steep ramp each time. Then they repeat it twice with the pump in their arms. Then they grab a 25-kg pack with hoses and carry it for a kilometre. Yes, a kilometre, plus the ramp every 20 metres. That means 50 hills to conquer.

### Then it gets really tough.

The would-be firefighter drags an 80-kg sled for two 40-metre laps, to simulate dragging a hose towards a fire.

### Think you could do it?

Well, there's a catch: You only have 17 minutes and 15 seconds to do it or, to meet the standard for transfers between provinces, 14 minutes and 30 seconds. Ouch.

### Still standing?

We'd like to shake your hand.

MIKE DONACHIE/METRO IN LONDON

### On the web

Go to [metronews.ca](http://metronews.ca) for more on Canada's extreme firefighters:

- **Photos.** See a gallery of the Pemberton Fire Attack Base crew at work
- **Further reading.** Pine-beetle threat extends east
- **Map.** A look at wildland firefighter crews across Canada
- **Timeline.** An interactive look at some of history's worst forest fires



the Heatseekers) died after being entrapped by a wildfire June 30.

"We have 20-person crews. We know every one of these people," says Dombrowsky. "We lunch with them, we talk, we have interpersonal relationships with all of them. To have something like that happen ... our hearts go out to all of them. It's a terrible thing."

The disaster sparked a B.C.-wide safety review.

"We had a safety meeting with our supervisors to discuss LACES (see sidebar) and fatigue management," says Large. "It was an opportunity for us to remind ourselves of the safety program. Responder safety is first. We have procedures in place for a reason, to avoid that kind of entrapment."

"They have to come home at the end of the day," adds Dombrowsky.

chaos to the untrained eye, but every crew member who attacks one has internalized a highly detailed gameplan before setting out on a call.

They're in constant communication and each firefighter knows the nature of the fire, the weather and wind conditions, what the topography is and where exits are if things ever get unmanageable.

Wildfire co-ordination officers Toni Large and Rob Dombrowsky — the elder statesmen on base — make sure of it.

The two run the daily briefings and set up the plans for crews heading into the wild.

As the ones responsible for their crew's safety, they were hit as hard as anyone when news broke that 19 members of the Granite Mountain Hotshots in Arizona (the American equivalent of

energy, jokes and a dash of bravado — the latter being the first to disappear when they arrive on the doorstep of a raging wildfire.

It's all about safety (first and foremost), structure and professionalism.

"There's a huge sense of responsibility," says Lax. "You're working within the public trust. There's always excitement when you fly in to a fire for the first time, but your headspace has to be all about having a plan and working together. For most guys, they just want to get out there and go to work. Fear doesn't enter into it."

Listening to Heatseekers describe running headfirst into a wildfire is less Hollywood and more tax audit: technical, serious and, surprisingly, a bit dull.

A wildfire may seem like pure





## Can I have a raise with that?

Customers in search of burgers and fries in the U.S. ran into striking workers instead on Thursday. Organizers say thousands of fast-food workers staged walkouts in dozens of cities, part of a push to get chains such as McDonald's, Taco Bell and Wendy's to pay workers higher wages. It was expected to be the largest nationwide strike by fast-food workers, according to organizers. DAVID COATES/DETROIT NEWS/THE ASSOCIATED PRESS

# Netflix makes users guinea pigs

**HIPPOs out, guineas in.** Video-streaming service tests its ideas on viewers, whether they realize it or not

Want to be a guinea pig for Netflix, get early access to new features, and help shape how the video streaming service grows and evolves?

If you're a relatively new subscriber, you may already be a beta tester. Or perhaps you used to be.

At any given time Netflix is conducting hundreds of tests across its website and other platforms. Some are based on bold new ideas and are immediately obvious to its test subjects, while others are being run invisibly beneath the user interface.

Users who have been with

### Stats vs. top brass



- Netflix relies on the statistics generated by user tests to inform its decisions, chief product officer Neil Hunt said, rather than following the so-called "HIPPO" philosophy.
- That acronym stands for "highest paid person's opinion" and refers to an organization's preference to make top-down decisions.

Netflix since the company launched in Canada in September 2010 aren't likely to be in on the testing, but newer members almost certainly are, whether they realize it or not, said Netflix's chief product officer Neil Hunt.

"One of our limited resources is users to try out new ideas, so I would say it's the unusual individual who doesn't end up in some kind of test at some point," said Hunt.

THE CANADIAN PRESS

### Facing lawsuits, pressure

## Tylenol to carry risk-warning label

Bottles of Tylenol sold in the U.S. will soon bear red warnings alerting users to the potentially fatal risks of taking too much of the popular pain reliever. The unusual step, disclosed by the company that makes Tylenol, comes amid a growing number of lawsuits and pressure from the federal government that could have widespread ramifications for a medicine taken by millions of people every day. THE ASSOCIATED PRESS

### Market Minute

**DOLLAR**  
94.96¢ US (-0.41¢)

**TSX**  
12,704.73 (+97.51)

**OIL**  
\$108.80 US (-\$1.30)

**GOLD**  
\$1,412.90 US (-\$5.90)

**Natural gas:** \$3.62 (+3.6)  
**Dow Jones:** 14,840.95 (+16.44)

## Economy. Japan showing 'positive signs of recovery'

Japan's economic recovery gained momentum in July, as manufacturing accelerated and consumer prices rose for a second straight month, despite weaker household spending and retail sales.

The data released Friday showed the consumer price index rose 0.7 per cent in July from a year earlier, for the second straight month of gains. That suggests efforts to break free of years of demand-dampening deflation are progressing. The CPI rose 0.2 per cent in June.

However, the core index, which excludes food and energy prices, fell 0.1 per cent.

The Ministry of Economy, Trade and Industry said industrial output rose 1.6 per cent from a year earlier but 3.2 per cent from the month before, in a sign the recovery is taking hold. It forecasts further expansion in August and September.

"Income and other data show quite positive signs of recovery," said Junko Nishioka, an economist at RBS Japan Securities. THE ASSOCIATED PRESS

## Delays, cancellations. Air Canada, Porter to pay up

The Canadian Transportation Agency has acted to protect airline passengers by ordering Air Canada and Porter Airlines to provide reasonable compensation for disrupting their flight plans.

The regulator said Air Canada, the country's largest carrier, must pay passengers between \$200 and \$800 cash, or three times that in travel vouchers, if they are involuntarily bumped because of

oversold flights.

In a separate decision also issued Thursday, the agency ordered Porter to refund fares paid for cancelled domestic flights and provide compensation for reasonable expenses when flights are delayed. It called the Toronto-based airline's current policies unclear, and said Porter should make "reasonable" efforts to inform passengers of schedule changes. THE CANADIAN PRESS

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**2013 Information Sessions**

**BUSINESS** Tuesday - September 3, 10, 17, 24

**HEALTHCARE** Wednesday - September 4, 11, 18, 25

**TECHNOLOGY** Thursday - September 5, 12, 19, 26

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# Apple iTunes FESTIVAL



Lady Gaga  
September 1



Paramore  
September 4



Justin Timberlake  
September 29



Katy Perry  
September 30

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Every day in September, watch free live shows on iTunes from Justin Timberlake, Lady Gaga, Katy Perry, Elton John, Vampire Weekend, Kings of Leon, and more.

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[Metronews.ca/iTunesFestival](http://Metronews.ca/iTunesFestival)  
#iTunesFestival





# The iTunes Festival

---

The iTunes Festival is one of the highlights of the concert season – and Metro can take you there.

If going to jolly old London to party as music superstars like Justin Timberlake, Lady Gaga, Katy Perry and Queens of the Stone Age shake the stage is your idea of heaven, Metro can make that dream come true.

Thirty days of wicked fun kickoff on Sept. 1, with more than 60 artists playing live at the renowned Roundhouse in London. The Roundhouse opened in 1846 with very different beginnings – a steam engine repair centre. Over the years, it took different paths; eventually becoming what is now a legendary performance hall hosting the likes of Pink Floyd, Led Zeppelin and Jimi Hendrix.

Since the iTunes Festival launched in 2007, it has carried on the tradition of stellar performances, bringing in mega stars like Adele, Coldplay and the Foo Fighters. Aside from the artists already mentioned, this year's lineup runs the gamut from Sir Elton John to Kings of Leon, the Lumineers to Chic featuring Nile Rodgers – something for all musical passions.

## Experience it Live with the World

---

Watch performances in real-time with the rest of the world by streaming them in HD quality every day in September at 4 p.m. ET/1 p.m. PT. You can watch on your computer, download the official iTunes Festival app to watch on your iPhone, iPad or iPod touch – or watch on the big screen through Apple TV. For a limited time after the gig, performances will be available on iTunes on-demand.

Experience the festival with people around the world by following [#iTunesFestival](#) on Twitter.

The only way to get access to the event is to win tickets. Metro has them! Check out the back page for details on how to enter for a chance to win. Throughout the month, Metro will have gig reviews and reminders on performances. Keep reading for the latest news.

# The Lineup

Performances air at 4 p.m. ET/1 p.m. PT on iTunes or the official app. Miss the show? No worries, watch it on demand for a limited time after.

**SEPT 1** | Lady Gaga

**SEPT 2** | Sigur Rós [OPENER: POLIÇA]

**SEPT 3** | The Lumineers [OPENER: Phox]

**SEPT 4** | Paramore [OPENER: Fenech-Soler]

**SEPT 5** | Rizzle Kicks [OPENER: Eliza Doolittle]

**SEPT 6** | Queens of the Stone Age  
[OPENER: Palma Violets]

**SEPT 7** | Phoenix [OPENER: Little Green Cars]

**SEPT 8** | Bastille [OPENER: The 1975]

**SEPT 9** | Arctic Monkeys [OPENER: Drenge]

**SEPT 10** | Jake Bugg [OPENER: Valerie June]

**SEPT 11** | Kings of Leon [OPENER: Jimmy Eat World]

**SEPT 12** | Elton John [OPENER: Tom Odell]

**SEPT 13** | Avicii [OPENER: Henrik B]

**SEPT 14** | Chic Featuring Nile Rodgers  
[OPENER: Janelle Monáe]

**SEPT 15** | Vampire Weekend [OPENER: The Olms]

**SEPT 16** | Jack Johnson [OPENER: Bahamas]

**SEPT 17** | Ludovico Einaudi [OPENER: Agnes Obel]

**SEPT 18** | Thirty Seconds To Mars  
[OPENER: The Family Rain]

**SEPT 19** | Kendrick Lamar [OPENER: Schoolboy Q]

**SEPT 20** | Primal Scream [OPENER: Skinny Girl Diet]

**SEPT 21** | HAIM [OPENER: Gabrielle Aplin, Bipolar Sunshine, Dan Croll]

**SEPT 22** | Ellie Goulding [OPENER: Laura Welsh]

**SEPT 23** | Jessie J [OPENER: Lawson]

**SEPT 24** | Robin Thicke [OPENER: Aloe Blacc]

**SEPT 25** | Pixies [OPENER: NO CEREMONY///]

**SEPT 26** | Tinie Tempah [OPENER: Naughty Boy]

**SEPT 27** | Dizzee Rascal

**SEPT 28** | John Legend

**SEPT 29** | Justin Timberlake [OPENER: Mikky Ekko]

**SEPT 30** | Katy Perry [OPENER: Iggy Azalea, Icona Pop]



Mother monster to her brood of evangelical fans, Lady Gaga is one of the most dramatic entertainers to hit the world stage in recent years. Starting with a showcase at New York's The Cutting Room in 2006, Gaga has gone on to be an international sensation thanks to albums like *The Fame* and *Born This Way*, and her recently released song *Applause*.



Sealing its longevity with the 2008 hit *Use Somebody*, King of Leon's has expanded its southern rock sound over the years to become a critical and commercial success. The jewel in Leon's award-winning crown is the collaboration of brothers Nathan, Jared and Caleb Followill with their cousin Matthew. The band's sixth studio album, *Mechanical Bull*, is slated for release this September.



This sexy R&B crooner known for his controversial "Blurred Lines" is no stranger to the bright lights of Hollywood, having grown up in the spotlight as the son of actor Alan Thicke. Fast forward a few years and the American Music Award nominee is a star in his own right now.



Not even a Suit & Tie can cramp the cred of Justin Timberlake. JT went from clean-cut Disney star to successfully stepping in sync as a boy bander before bringing *SexyBack* as a solo artist. Add a scene-stealing movie career to the mix and you have the making of a long and lucrative career.



The only artist to spend 69 consecutive weeks in the top ten of *Billboard's* Hot 100, Katy Perry is a musical force to behold. From the irreverent *I Kissed a Girl* to the self-empowering *Firework*, she has earned her place as one today's most beloved and sought-after performers, with fans eagerly awaiting her new album, *Prism*.





Vampire Weekend  
September 15



Thirty Seconds to Mars  
September 18



Robin Thicke  
September 24

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# CONTRARY TO CONTRACEPTION

**1 Ain't no party like a Québécois Parti.** PQ Leader Pauline Marois says the "Charter of Quebec Values," will reflect "universal" as well as Quebec values and will unify the people. Banning religious headgear in the workplace is just one small step in a brilliant plan to deflect all existing racial tension toward the greater common threat: non-francophones.

**2 On the prowl.** Victoria police issued an alert to citizens after reports of a large cougar on the loose. Experts warn the animal could be isolated and irritable. Residents say that it's rare to find a cougar in these parts. You usually have to go to one of those bars out in the suburbs.

**3 Surprise!** Health Canada issued a recall this week for Freya-28, an oral contraceptive being used by thousands of Canadian women, when it was discovered that some packages contained placebos in place of the active pills. Now, there's nothing funny about this except that faulty drugs usually result in the loss of life, whereas these side effects could last a whole lot longer.



THE METRO LIST  
**Mike Benhaim**  
metronews.ca

**4 Designated driver.** Breaking news on self-driving cars reveal that Google is producing a fleet of "robo-taxis." Terrific news for lovers who want some privacy, and for those who are really drunk, the car is equipped with robotics. Upon reaching your destination, the car will slap you awake, eject you from the seat and dispense harsh verbal judgments.

**5 NASA in a nutshell.** Ice in the Arctic continues to melt while seas in the Middle East shrink. Ideas of redistributing water come up but are far too complex, especially with NASA resources being spent on a study that will allow astronauts to hibernate during their nine-month trip to Mars. I am not

making any of this up.

**6 Bait.** Conservationist and shark defender Lesley Rochat swam among the big fish wearing just a bikini. Rochat said she wanted to be as vulnerable as possible, and boasts that she has not been bitten yet. Viral photos of the attractive Rochat have led me to my latest theory: Sharks are gay. She better hope I'm right.

**7 Talk to the hand.** Researchers at the University of Washington have successfully connected two human brains over the Internet. One scientist sent a brain signal to a colleague at a separate location, controlling his hand movement. This is a magnificent scientific breakthrough, but I just know it will eventually become some household toy for boys with which to terrorize their younger siblings.

**8 Blurred lines.** In an attempt to shed her Hannah Montana persona, Miley Cyrus reinvented herself for the VMAs last Sunday. Now, call me old-fashioned, but as much as the classic, teenie-bikini/foam-finger combo screams artistic growth, if I were her, I might have just gone with music lessons.

**9 This week in music.** In 1975, KC and the Sunshine Band scored their first U.S. No. 1 hit with a song that introduced the phrase, "Do a little dance, make a little love, get down tonight." Thirty-eight years later, we still get to see grandma act out the lyrics at every wedding and bar mitzvah. Only now, she may actually be dating KC.



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## ZOOM

### What do you have to send to Saturn?

#### Smile! A thousand selfies compiled

NASA's Cassini spacecraft has been mapping the Solar System from Saturn, and this was the result when they asked civilians to take part.

Thousands participated in the Wave at Saturn event on July 19, taking selfies of their tributes to the mission. This collage combines the photos they sent as a tribute to the spacecraft's image of Earth. **METRO**



A closeup of the compilation.

#### Down to Earth

# 1,400

The total number of pictures used in the mosaic. NASA reported that contributions arrived from more than 40 countries and 30 U.S. states.



COURTESY NASA

#### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Sure, Twitter can be a fine source of news and highly stylized photos from around the world. But, more important, it's a rich source of jokes from shockingly sharp minds. Here's three frequently strange and dependably funny accounts.



#### @abusitron:

Your No. 1 source for jokes about using deer to engineer a McDonald's burger heist or musically inclined druids using Stonehenge as a stage for cover versions of '90s dance anthems. Bonus points for being a Canadian.

#### @tastefactory:

Come for the AVI that resembles a photo commemorating a

kitten's first day at school, stay for the excellent puns on sepia-toned cultural references.

#### @crushingbort:

Aside from being hilarious, RTs from this account are a big reason why my following number is too damn high. Sample tweet: "I wonder how many of the people I follow are accounts that have been taken over by funnier muggers."

#### Twitter



want to eat and not steal and maybe have better ideas.

**@metropicks asked:** The N.S. premier is latest politician to admit to smoking pot. Do you care if elected officials toke?

**@Canucklehead\_ca:** I'm more suspicious of those who claimed they didn't. Statistics don't lie, politicians do. Oh, and pass the chips dude.

**@MiaAdinaVida:** Everyone does it! don't get why it's such a big deal!- it's 2013, people shouldn't be surprised anymore!

**@Alannafawn84:** I rather them smoke weed it will only make them

**@sleuth\_4\_truths:** I care that they are honest. Maybe if all NS politicians had a pot party this election stuff (#nspoli) would be more civil.

**@veryboeing:** When it's illegal yes. When it's legal, no. But they will say anything to get your vote.

**@WelderAnge:** well I'm thinking drug use may explain something... They don't call it dope cause it makes ya smart.

**Follow @metropicks and take part in our daily poll.**

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**There's a page for that in the new IKEA Catalogue.**

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## Synopsis

Former race-car driver Brent Magna (Ethan Hawke) comes home to find his apartment trashed and his wife gone. As he tries to wrap his head around what happened, a cellphone rings. A mysterious voice directs him to a car park where he is to steal a souped-up Shelby Super Snake car and perform a number of duties or his wife will be killed. Complicating matters is The Kid (Selena Gomez), a rich kid who comes along for the ride.

• Richard: ●●●●●

• Mark: ●●●●●

## Reel Guys

RICHARD  
CROUSE AND  
MARK BRESLIN



Ethan Hawke may regret making this movie, but it will be the woeful acting of Selena Gomez that Getaway will be remembered for. CONTRIBUTED

# Make quick Getaway from this cinematic car crash

## Abysmal auto movie.

In this dire high-speed kidnapping tale Hawke tries his best but he is weighed down by the 'performance' of teen songstress Gomez

**Richard:** Mark, the movie starts promisingly with a five-minute sequence. It effectively sets up the story in true cinematic fashion — show me, don't tell me — but then quickly becomes what we call in the film criticism business a S.D.M. (Silly Damn Movie). OK, I made that last part up, but I couldn't really think of any other category to place this movie under.

Maybe E.S.D.M. (Extremely Silly Damn Movie). What do you think? Is it just a mindless popcorn movie or is it just mindless?

**Mark:** Richard, did you miss the trenchant political allegory about late-period capitalism? Well, me too. But if it's car crashes you're after, look no further. I liked the set-up of this movie, enough so that I was interested in it to the halfway mark. And then, there were... more car crashes. And because the movie takes place in Bulgaria, the cars that were crashed were kind of small and cheap. To get me excited about car crashes, I need to see some totalled Beemers and Mercs in flames. Quantity is not quality. Anyway, the real car

crash here is the unbelievable relationship between Ethan Hawke and Selena Gomez.

**RC:** Hawke does the job, I doubt he'll ever think about this movie again once the cheque clears. But Gomez? Let's just say it's quite possible she is even more annoying as an actress than she is as a singer. Her "performance" consists of pouting, grimacing and saying things like, "I'm totally screwed." If you want to know what she's like without paying to see the movie, go to any mall on a Saturday and eavesdrop at any American Apparel store.

**MB:** Hawke is my favourite actor of the '90s generation. But doesn't Ryan Gosling have some kind of a deal to play

every race-car driver with an existential dilemma? And there are almost no other actors in the film — just some shots of chins on cellphones. So Gomez is onscreen almost all the time, crowding the action with her annoying baby fat. By the way, whoever heard of a Bulgarian merchant bank?

**RC:** Bulgarians, that's who. If the movie had lived up to the promise of the scene, it might have been a fun ride, but it runs out of gas after the first five minutes.

**MB:** And yet, I found it had some kind of cheap kinetic energy that I couldn't completely write off. Or maybe I could, if I used a Bulgarian accountant.

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# Bye, bye summer blockbusters

**Fall preview.** It's back to school time, the weather is getting cooler and the leaves are turning — what better time to hide out in a movie theatre?

**MATT PRIGGE**  
Metro World News in New York

## Riddick (Sept. 6)

**What:** Vin Diesel wasn't yet a star like he is now when 2000's lean *Pitch Black* came out, and was stuck in a valley during the bloated 2004 spin-off *The Chronicles of Riddick*. Now that he's back — or at least back in a franchise he once tried to abandon — all's good, presumably.

**Why:** Series director David Twohy has long been making genre films, and as of *The Perfect Getaway* has finally gotten good at them. That this runs less than two hours is a good sign.

**Why not:** Sorry, but *Pitch Black* is just so-so. And headline writers have at least three ways to make puns out of the name (Worthy of 'Riddick'-ule — you can have that one). This also features a character named Lord Siberius Vaako.



Vin Diesel is back in another Riddick movie this fall. CONTRIBUTED

**Will get an Oscar for:** Best animation of the clearly tired and aging Vin Diesel

## The Family (Sept. 13)

**What:** Eurotrash auteur Luc Besson (*The Fifth Element*, *Taken*) sucks up Robert De Niro, Michelle Pfeiffer and Tommy Lee Jones (plus executive producer Martin Scorsese) into his orbit. The first two play parents in a family hiding from a mob boss they snatched on.

**Why:** Besson is probably the



Do you believe in ghosts? Then you better see *Insidious 2*. CONTRIBUTED

last person with big money making genuinely insane blockbusters.

**Why not:** Besson's movies are stupid. Sometimes this isn't a good thing.

**Will get an Oscar for:** Best Robert De Niro performance of fall 2013. (He's also in *Last Vegas*, *American Hustle* and *Grudge Match*.)

## Insidious 2 (Sept. 13)

**What:** The second horror film from Saw's James Wan starring Patrick Wilson in two months — after *The Conjuring* — is a sequel to another Wan-Wilson hit from 2009, one concerning an evil spirit that is (get this) insidious.

**Why:** Wan — soon of *Fast & Furious 7*, or however it will be titled — is getting better and better at old school frights.

## What to watch in October:



Gravity promises to be 3D-licious. CONTRIBUTED

- **Gravity (Oct 4).** Alfonso Cuarón finally follows up 2006's *Children of Men* with this 3D extravaganza about the plight of two astronauts (George Clooney and Sandra Bullock) dancing around outside Earth's orbit — and literally no one else.
- **Runner Runner (Oct 4).** Justin Timberlake plays a student who loses all his money on online poker and decides to double down on stupidity by confronting the guy who runs it (Ben Affleck).
- **Captain Phillips (Oct 11).** Earlier this year, adventurous audiences got the Danish *A Hijacking*, concerning a ship overtaken by Somali pirates. Here's the big budgeted American edition (albeit not a remake), starring Tom Hanks as real-life abductee Richard Phillips.
- **Machete Kills (Oct 11).** The first *Machete* — with Danny Trejo as an ex-Federali vigilante slicing up racists — wasn't such a hit. But after *Kick-Ass*, why let limp box offices halt a sequel, particularly one with Lady Gaga and off-screen racist Mel Gibson?
- **12 Years a Slave (Oct 18).** Avant-garde artist Steve McQueen (as opposed to the late superstar) goes big with this adaptation of the memoir of Solomon Northup (played by Chiwetel Ejiofor), a freed slave sold back into slavery.
- **Carrie (Oct 18).** The Stephen King classic, already immortalized by Brian De Palma in 1976, gets yet another update, this time with Chloe Grace Moretz and Julianne Moore as her crazy religious mom.

**Why not:** There are no such things as ghosts and movies like this keep people, even smart people, thinking there are.

**Will get an Oscar for:** Best James Wan film of the quarter.

## Prisoners (Sept. 20)

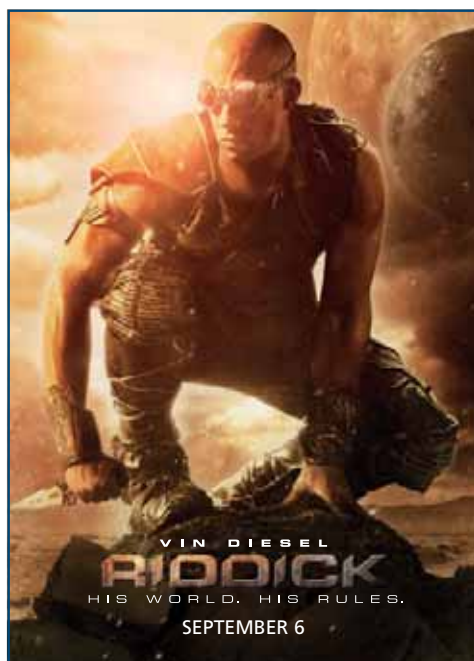
**What:** Hugh Jackman plays a small town carpenter who kidnaps the creepy man (Paul Dano) he thinks kidnapped his six-year-old daughter and her best friend.

**Why:** Jackman is a talented

actor who excels at playing tortured brooders. There's also Viola Davis, Maria Bello, Terrence Howard and Melissa Leo to help him.

**Why not:** With his Oscar-nominated *Incendies*, Canadian director Denis Villeneuve sucked much of the idiosyncrasy out of Wajdi Mouawad's play *Scorched*. This seems to be a heavy, humourless, obvious portrait of obsession and false justice.

**Will get an Oscar for:** Least joyful film of 2013.



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Action/Biography



## The Grandmaster

Director. Wong Kar-Wai

Stars. Tony Leung,  
Zhang Ziyi

The life of the legendary Chinese martial-arts master Ip Man gets an appropriately mythical treatment in *The Grandmaster*, the comeback film from Hong Kong auteur Wong Kar-Wai. Working in the same fluid, lyrical style as his early masterpieces, Wong bends the conventions of the martial-arts genre to create an unusual sort of historical epic — one in which a country's long-standing social and cultural divisions become physicalized using depictions of hand-to-hand combat. The film seems to have been chopped up in the editing room, but it still has grandeur. **ADAM NAYMAN**

Documentary



## One Direction: This Is Us

Director. Morgan Spurlock

Stars. One Direction

One Direction fans will flock to this film no matter what, but for the dozen others considering watching it: don't! Yes, the cheeky Brits offer a few laughs backstage and the (very) brief interviews with their families are heartwarming, but the bulk of this doc is One Direction on stage and, frankly, they put on a boring show. The lads tell us they're not your typical boy band (they don't dance, you see), but without the choreographed routines you're left just listening to the music — and, if you're not already a fan, their concert won't persuade you. **REGAN REID**

Comic crisis

## Matt Damon weighs in on Ben-as-Batman blowout

"I know there are a lot of people grousing on the Internet. I just think it's kind of funny. You know, he's not playing King Lear. It's Batman! (That's) certainly within his skill set. If anybody saw *Argo* or *The Town*, and all the work he's been doing lately, it's way more nuanced and interesting and way more difficult than Batman! Batman just sits there with his cowl over his head and whispers in a kinda gruff voice at people."

MATT DAMON SPEAKING TO THE TIMES OF INDIA ABOUT HIS BUDDY, BEN AFFLECK, BEING CAST AS BATMAN

MAM  
METRO



# Movie embraces the moral greys

**Ender's Game.** Teen novel-turned-film bucks the trend of good and evil tales

These days, movies for teens tend to revel in dichotomies — the black-and-white simplicity of good versus evil.

With *Ender's Game*, the hotly anticipated adaptation of the seminal sci-fi novel, director Gavin Hood is excited by the opportunity to explore the moral greys.

"Some films masquerade as dealing with moral complexity, but in fact, for me, cop out a little by never putting the protagonist in a truly morally complex situation," Hood said in a recent interview at the pop culture fest known as Fan Expo Canada.

"There are films we can think of where, yes, the protagonist kills people, but actually all the people they



Gavin Hood, director of *Ender's Game*. GETTY IMAGES

kill are bad or awful in some way, (without) that moment of really having to face up to the grey zone — that place where you ask, 'Am I capable of doing something morally repugnant because I believe it's for a greater good?'

"I think that young people are far smarter than we give them credit for.

they're capable of really intense conversation. ... At the heart of it, (*Ender's Game*) is a powerful character-driven story about a complicated character who's not necessarily likable all the time, and that's a tricky thing for a mainstream movie."

*Ender's Game* tells the story of a boy named Ender Wiggin, who shows prodigious military gifts and is thrust into an intense training program to command fleets and combat a potential alien threat against a diminished, futuristic Earth. After years of scrapped screenplays, the film version finally got underway in 2009 but only landed a distribution deal in 2011.

"As much as people were drawn to the complex themes, they also feared them," Hood says. "It's an interesting challenge bringing the book to the screen."

The film is set to open in Canadian theatres Nov. 1.

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THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 30 TO THURS., SEPT. 5 TIMES ARE SUBJECT TO CHANGE.

**Bytowne Cinema**  
**325 Rideau St.**  
Blood Brother (PG) Thu 6:45  
Blue Jasmine (14A) Fri 4:45-6:59 Sat  
4:45-9:15 Sun 4:30-9:10 Mon 6:25  
Tue 6:55 Wed 4:45-6:55 Thu 8:55  
Charles Bradley: Soul of America  
(PG) Mon 8:40 Tue 9:10  
Journey to Italy (14A) Fri 9:15 Sat  
2:30-6:59 Sun 2:15-6:45 Mon 4:10  
Much Ado About Nothing (14A)  
Mon 1:45 Tue 4:30  
The Venice Syndrome (STC) Wed  
9:10 Thu 4:45

**Canadian Museum  
of nature**  
**240 McLeod St.**  
Dinosaur Passage to Pangaea 3D  
(STC) Mon 10:30-1:10 Fri-Mon  
11:15-1:50  
Flying Monsters 3D (STC) Fri-Mon  
12-2:30-3:40 Fri-Mon 12:35-3:05

**Coliseum Ottawa**  
**3090 Carling Ave.**  
Elysium (14A) Fri-Mon 1:50-4:40-  
7:40-10:25 Tue-Wed 5:15-7:50-10:25  
Thu 1:20-5:15-7:50-10:25  
Getaway (PG) Fri-Mon 1:15-3:35-  
5:55-8:15-10:35 Tue-Wed 5:55-8-15-  
10:35 Thu 1:30-5:55-8-15-10:35  
Jobs (14A) Fri-Mon 6:50-9:50 Tue-  
Wed 7:30-10:20  
Kick-Ass 2 (14A) Fri-Mon 2:10-5-  
7:50-10:15 Tue-Wed 5:20-7:50-10:15  
Thu 1:35-5:20-7:50-10:15  
Lee Daniels' The Butler (14A) Fri-  
Sat 12:50-3:50-7-10 Sun 12:50-4:05-  
7-10 Mon 12:50-3:50-7-10 Tue-Wed  
4:45-7:40-10:35 Thu 1:10-4:45-7:40-  
10:35  
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Bones (PG) Fri-Mon 1:30-4:30-7:30-  
10:30 Tue-Wed 4:50-7:40-10:30 Thu  
1:30-4:50-7:40-10:30  
National Theatre Live: The Audience  
Encore (STC) Sun 12:30  
One Direction: This Is Us (G) No  
Passes Fri-Mon 12:45 No Passes  
Thu 1:25  
One Direction: This Is Us 3D (G) No  
Passes Fri-Mon 3:05-5:25-7:45-10:05  
No Passes Tue-Thu 5:25-7:45-10:05  
Percy Jackson: Sea of Monsters (PG)  
Fri-Mon 1 Thu 1:15  
Percy Jackson: Sea of Monsters 3D  
(PG) Fri-Mon 3:40-6:30-9:30 Tue-  
Thu 5:30-8-10:30  
Riddick (14A) No Passes Thu 9:55  
The Smurfs 2 (G) Fri-Mon 1:40  
Thu 1:35  
The Smurfs 2 3D (G) Fri-Mon 4:20  
Tue-Wed 5 Thu 4:40  
We're the Millers (14A) Fri-Mon  
2:20-5:10-8-10:35 Tue-Thu 5:10-  
8-10:35 Star & Strollers Screening  
Thu 1  
The Wolverine (PG) Fri-Sat 1:10-  
4:10-7:20-10:20 Sun 4:10-7:20-10:20  
Mon 1:10-4:10-7:20-10:20 Tue-Wed  
4:45-7:35-10:30 Thu 1:25-4:45-7:35-  
10:30  
The World's End (14A) Fri-Mon  
1:20-4-6:40-9:20 Tue-Thu 4:45-7:15-  
9:45 Star & Strollers Screening Thu 1  
You're Next (14A) Fri-Mon 2-4:50-  
7:10-9:40 Tue-Wed 4:50-7:10-9:40  
Thu 1:10-4:50-7:10-9:40

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**111 Albert St. 3rd Floor**  
**World Exchange Plaza**  
Closed Circuit (14A) Digital Fri  
3:50-6:50-9:50 Digital Sat-Mon  
12:50-3:50-6:50-9:50 Digital Tue  
3:50-6:50-9:50 Digital Wed-Thu  
6:50-9:50  
Elysium (14A) Digital Fri 4-7-9:55  
Digital Sat-Mon 1-4-7-9:55 Digital  
Tue 4-7-9:55 Digital Wed-Thu  
7-9:55  
Getaway (PG) Digital, No  
Passes Fri 3:30-6:30-9:30 Digital, No  
Passes Sat-Mon 12:30-3:30-6:30-9:30  
Digital, No Passes Tue 3:30-6:30-  
9:30 Digital, No Passes Wed-Thu  
6:30-9:30  
In a World... (14A) Digital Fri 3:10-  
6:10-9:40 Digital Sat-Mon 12:10-  
3:10-6:10-9:40 Digital Tue 3:10-6:10-  
9:40 Digital Wed 6:10-9:40  
Lee Daniels' The Butler (14A)  
Digital Fri 3-6-9 Digital Sat-Mon  
12-3-6-9 Digital Tue 3-6-9 Digital  
Wed-Thu 6-9  
One Direction: This Is Us (G)  
Digital, No Passes Fri-Tue 3:40-9:10  
Digital, No Passes Wed-Thu 9:10  
One Direction: This Is Us 3D (G) No  
Passes Fri 6:40 No Passes Sat-Mon  
12:40-6:40 No Passes Tue-Thu 6:40  
Riddick (14A) Digital Thu 8  
The World's End (14A) Digital Fri  
3:20-6:20-9:20 Digital Sat-Mon  
12:20-3:20-6:20-9:20 Digital Tue  
3:20-6:20-9:20 Digital Wed 6:20-9:20  
Digital Thu 6:10-9:40

**Mayfair Theatre**  
**1074 Bank St.**  
The Angels' Share (14A) Fri-Sat 9  
Sun 8:30 Mon 9 Wed-Thu 7  
I'm So Excited! (14A) Fri-Sat 7 Sun  
6:30 Mon 7 Tue 9 Wed 9:15  
The Millionaire's Express (STC)  
Fri 11  
Super Secret Saturday Night Sinema  
(STC) Sat 11

**Rainbow Cinemas**  
**St. Laurent Centre**  
**1200 St. Laurent Blvd.**  
Grown Ups 2 (PG) Fri-Sat 10:05-  
12:10-2:20-6:55 Sun-Mon 12:10-2:20  
Tue 10:05-12:10-2:20-6:55 Wed  
12:10-2:20 Thu 10:05-12:10-2:20-

6:55 Open Captioned Sun-Mon  
10:05-6:55 Open Captioned Wed  
10:05-6:55  
Iron Man 3 (PG) Fri-Thu 10:20-  
3:50-6:30  
The Lone Ranger (PG) Fri-Thu 7:40  
Man of Steel (PG) Fri-Thu 7:30  
Now You See Me (PG) Fri-Wed 1:10-  
9:10 Thu 1:10  
Red 2 (PG) Fri-Thu 4:30-9:05  
The Smurfs 2 (G) Fri-Thu 10-12:15-  
2:40-5:10  
Turbo (G) Fri-Thu 10:40-12:40-  
2:50-5:05  
The Way Way Back (PG) Fri-Thu  
10:10-12:20-2:35-4:50-7:10-9:20

**South Keys**  
**2214 Bank St.**  
All Is Bright (STC) Thu 7:25  
Blue Jasmine (14A) Fri-Thu 11:40-  
2:10-4:30-7:05-9:25  
Despicable Me 2 (G) Fri 11:05-  
1:35-3:55 Sat 1:35-3:55 Sun-Thu  
11:05-1:35-3:55  
Elysium (14A) Fri-Wed 11:20-1:50-  
4:25-7-9:40 Thu 11:20-1:50-4:25-7  
Getaway (PG) Fri-Thu 10:30-12:40-  
3:05-5:25-7:45-10:05  
Kick-Ass 2 (14A) Fri-Thu 4:10-9:50  
The Mortal Instruments: City of  
Bones (PG) Fri-Thu 12:50-3:50-  
6:50-9:35  
One Direction: This Is Us (G) No  
Passes Fri-Thu 10:35-12:55  
One Direction: This Is Us 3D (G) No  
Passes Fri-Wed 3:10-5:30-7:50-10 No  
Passes Thu 3:10-5:30-7:45-10  
Percy Jackson: Sea of Monsters (PG)  
Fri-Thu 11-1:30  
Percy Jackson: Sea of Monsters 3D  
(PG) Fri-Thu 4:20-7:20-9:45  
Planes (G) Fri-Thu 10:55-1:05-3:15  
Planes 3D (STC) Fri-Thu 5:35-7:55-  
9:55  
Riddick (14A) No Passes Thu 9:45  
Rudy (STC) Sat 11  
The Smurfs 2 3D (G) Fri-Wed 10:45-  
1:10-3:35-6:10-8:35 Thu 10:45-1:10-  
3:35-9:50  
We're the Millers (14A) Fri-Thu  
10:50-1:20-4-6:55-9:30  
The Wolverine (PG) Fri-Thu 10:40-  
1:25-7:10  
The World's End (14A) Fri-Thu  
11:15-1:55-4:35-7:15-9:55  
You're Next (14A) Fri-Thu 6:45-9:10

**Canadian Museum  
of civilization**  
**100 rue Laurier**  
Born to Be Wild (STC) Sat 12  
Cirque du Soleil: Passages (STC)  
Sat 6  
Les Dauphins (STC) Fri 11  
Le dernier récif 3D (STC) Fri 7  
Mon 6  
Dolphins (G) Fri 12  
Everest (STC) Fri 6 Sat-Sun 7 Mon-  
Thu 8 Fri-Sat 8 Sun 6 Tue-Thu 6  
Flight of the Butterflies 3D (STC)  
Fri-Sat 2 Sun 11-3 Mon-Thu 11-3-7  
L'incroyable voyage des papillons  
3D (STC) Fri-Sat 4 Sun-Thu 1  
L'Express des Rocheuses (STC) Fri  
1 Sat-Thu 4  
The Last Reef: Cities Beneath the  
Sea 3D (STC) Fri 6 Mon 6  
Nés pour être libres (STC) Sat 11  
Rocky Mountain Express (STC) Fri  
5 Sat 3 Sun 12-2-5 Mon 12-2-7 Tue-  
Thu 12-2-7  
Titans de l'ère glaciaire 3D (STC)  
Sat 1  
Titans of the Ice Age 3D (STC) Sat 5

**Cinéma des  
Galerie d'Aylmer**  
**400 boul. Wilfrid-Lavigne**  
Getaway (G) Fri-Tue 12:40-3:10-  
6:10-9:10 Wed-Thu 6:40  
Monsters University (G) Fri-Tue  
12:50 Fri-Tue 3:10

The Mortal Instruments: City of  
Bones (13+) Fri-Tue 1-3:40-7-9:40  
Wed-Thu 7-9:40  
Riddick (STC) Thu 8  
We're the Millers (13+) Fri-Wed  
7:10-9:30  
The Wolverine (13+) Fri-Wed 12:50-  
3:30-6:50-9:30 Thu 6:50-9:30

**Ciné-starz**  
**1100 boul. Maloney Ouest**  
La conjuration (13+) Fri-Thu 8:45  
Détestable moi 2 (G) Fri-Thu 12-  
1:45-3:30-5:15-7  
Grandes personnes 2 (G) Fri-Thu  
12-1:50-3:40-7:30-9:20  
L'Université des Monstres (G) Fri-  
Thu 12-1:55-3:50  
Quitte ou double (13+) Fri-Thu  
5:45-7:40-9:35  
Red 2 (G) Fri-Thu 5:30-8:45  
Turbo (G) Fri-Thu 12-1:45-3:30-  
5:15-7

**Ciné-Parc Templeton  
Drive-In**  
**1779 boul. Maloney Est**  
Getaway (G) Fri-Sun  
No Films Showing Today (STC)  
Mon-Thu  
Percy Jackson: la mer des monstres  
(G) Fri-Sun  
We're the Millers (13+) Fri-Sun  
Le Wolverine (13+) Fri-Sun

**Gatineau 9**  
**120 boul. de l'Hôpital**  
Les avions (G) Fri-Thu 1  
Les avions 3D (G) Fri-Thu 7:10  
Blue Jasmine (STC) Fri-Thu 12:45-  
3:10-6:45-9  
La cité des ténèbres: La coupe  
mortelle (13+) Fri-Thu 12:30-3:25-  
6:50-9:40  
Elysium (13+) Fri-Thu 9:35  
Jobs (G) Fri-Thu 9:25  
Lac Mystère (13+) Fri-Thu 1:20-  
3:50-7:05-9:50  
Louis Cyr: L'homme le plus fort du  
monde (G) Fri-Thu 12:15-3-6:30-  
9:30  
Nous sommes les Miller (13+) Fri-  
Thu 1:15-3:45-7:15-9:45  
One Direction: Nous voici (G) Fri-  
Thu 1:10-3:30-7-9:15  
Percy Jackson: la mer des monstres  
(G) Fri-Thu 12:50-7:20-9:50  
Les Schtroumpfs 2 (G) Fri-Thu 2:45  
Les Schtroumpfs 2 3D (G) Fri-Thu  
12:20-6:40

**StarCité Hull**  
**115 boul. du Plateau**  
Les avions (G) Fri-Tue 12:30-2:50  
Les avions 3D (G) Fri-Tue 5:10-7:30-  
9:50 Wed-Thu 7:30-9:50  
Blue Jasmine (STC) Fri-Tue 1-3:25-  
5:50-8:15-10:40 Wed-Thu 8:05-10:30  
La cité des ténèbres: La coupe mor-  
telle (13+) Fri-Tue 1:15-4:15-7:15-  
10:15 Wed-Thu 7:15-10:10 Thu 1  
Elysium (13+) Fri-Tue 12:25-3-5:35-  
8:10-10:45 Wed 7:25-10  
Getaway (G) Fri 1:15-3:30-5:45-8-  
10:15 Sat 11-1:15-3:30-5:45-8-10:15  
Sun-Tue 1:15-3:30-5:45-8-10:15  
Wed-Thu 8-10:15  
Kick-Ass 2 (13+) Fri-Tue 9:30 Wed-  
Thu 10  
Lac Mystère (13+) Fri 1:30-4:15-  
7-9:45 Sat 10:45-1:30-4:15-7-9:45  
Sun-Tue 1:30-4:15-7-9:45 Wed-Thu  
7:10-9:55  
Lee Daniels' The Butler (G) Fri 1:25-  
4:20-7:15-10:10 Sat 10:45-1:25-4:20-  
7:15-10:10 Sun-Tue 1:25-4:20-7:15-  
10:10 Wed-Thu 7:15-10:10  
Louis Cyr: L'homme le plus fort du  
monde (G) Fri-Tue 1:10-4:05-7-9:55  
Wed-Thu 7:05-10  
The Mortal Instruments: City of

Bones (13+) Fri 1:45-4:40-7:35-10:30  
Sat 10:50-1:45-4:40-7:35-10:30 Sun-  
Tue 1:45-4:40-7:35-10:30 Wed-Thu  
7:20-10:15  
One Direction: Nous voici (G) No  
Passes Fri-Tue 12:40  
One Direction: Nous voici 3D (G)  
No Passes Fri-Tue 3-5:20-7:40-10 No  
Passes Wed-Thu 7:40-10  
Percy Jackson: Sea of Monsters (G)  
Fri-Tue 12:25-3-5:35-8:10-10:45  
Wed-Thu 7:40-10:15  
Riddick (STC) No Passes Thu 9:50  
Rudy (STC) Sat 11 Sat 11  
Les Schtroumpfs 2 (G) Fri 2-4:30-7  
Sat 11:30-2-4:30-7 Sun-Tue 2-4:30-7  
Wed-Thu 7:30  
Les Schtroumpfs 2 3D (G) Fri-Tue  
12:30-3-5:30-8-10:30 Wed-Thu  
8-10:30  
We're the Millers (13+) Fri-Tue  
12:25-3-5:35-8:10-10:45 Wed-Thu  
7:45-10:20  
The World's End (13+) Fri-Tue  
12:20-2:55-5:30-8:05-10:40 Wed-Thu  
7:50-10:25 Star & Strollers Screening  
Thu 1:30  
You're Next (16+) Fri-Tue 12:55-  
3:15-5:35-7:55-10:15 Wed-Thu  
7:55-10:15

**Barrhaven Cinemas**  
**131 Riocan Dr.**  
Elysium (14A) Fri-Mon 10:10 Tue-  
Thu 8:05  
Lee Daniels' The Butler (14A) Fri-  
Mon 12:45-3:45-6:45-9:45 Tue-Thu  
4:30-7:30 Star & Strollers Screening  
Thu 1  
The Mortal Instruments: City of  
Bones (PG) Fri-Mon 1:10-4-7-9:50  
Tue-Thu 4:40-7:40  
One Direction: This Is Us (G) No  
Passes Fri-Mon 12:10-2:35 No Passes  
Wed-Thu 5  
One Direction: This Is Us 3D (G)  
No Passes Fri-Mon 4:55-7:15-9:35  
No Passes Tue 5-7:20 No Passes  
Wed-Thu 7:20  
Percy Jackson: Sea of Monsters (PG)  
Fri-Mon 12:05  
Percy Jackson: Sea of Monsters 3D  
(PG) Fri-Mon 2:40-5:10-7:40 Tue-  
Thu 5:40  
Planes (G) Fri-Mon 12-2:15 Wed-  
Thu 4:50 Star & Strollers Screening  
Thu 1  
Planes 3D (STC) Fri-Mon 4:30-6:50-  
9:05 Tue 4:50-7:10 Wed-Thu 7:10  
Rudy (STC) Sat 11  
We're the Millers (14A) Fri-Mon  
1:40-4:20-7:10-10 Tue-Thu 5:30-8  
The World's End (14A) Fri-Mon  
2-4:40-7:30-10:10 Tue-Thu 5:10-7:50

**SilverCity, 2385  
City Park Dr.**  
2 Guns (14A) Fri-Thu 12:20-2:50-  
5:25-8:05-10:40  
Blue Jasmine (14A) Fri-Thu 12:15-  
2:40-5:05-7:30-9:55  
Closed Circuit (14A) Fri-Thu 12:50-  
3:20-5:45-8:10-10:35  
Despicable Me 2 (G) Fri-Thu 12:25  
Despicable Me 2 3D (G) Fri-Thu  
2:55-5:20-8-10:30  
Elysium (14A) Fri-Tue 1:30-4:30-  
7:25-10:15 Wed 12:30-3:30-10:15  
Thu 1:30-4:30-7:25-10:15  
Getaway (PG) Fri 1:10-3:35-6-8:25-  
10:50 Sat 10:55-1:10-3:35-6-8:25-  
10:50 Sun-Thu 1:10-3:35-6-8:25-  
10:50  
The Grandmaster (PG) Fri-Thu  
1:15-4:15-7:15-10:15  
Kick-Ass 2 (14A) Fri-Thu 10:30  
Lee Daniels' The Butler (14A) Fri  
1-4-7-10 Sat 11:05-1-4-7-10 Sun-Tue  
1-4-7-10 Wed 4-7-10 Thu 1-4-7-10  
Star & Strollers Screening Wed 1  
Monsters University (G) Fri 1:25 Sat  
10:50-1:25 Sun-Thu 1:25  
The Mortal Instruments: City of

Bones (PG) Fri-Tue 1:45-4:45-7:45-  
10:45 Wed 4:45-7:45-10:45 Thu  
1:45-4:45-7:45-10:45 Star & Strollers  
Screening Wed 1  
The Mortal Instruments: City of  
Bones — The IMAX Experience  
(PG) Fri-Wed 1:05-4:05-7:05-10:05  
Thu 1:05-4:05-7:05  
One Direction: This Is Us (G) No  
Passes Fri 12:40 No Passes Sat 11:20-  
12:40 No Passes Sun-Thu 12:40  
One Direction: This Is Us 3D (G) No  
Passes Fri-Thu 3:05-5:30-7:55-10:20  
Percy Jackson: Sea of Monsters (PG)  
Fri-Thu 12:15  
Percy Jackson: Sea of Monsters 3D  
(PG) Fri-Thu 2:45-5:15-7:50  
Planes (G) Fri 12:55 Sat 11:10-12:55  
Sun-Thu 12:55  
Planes 3D (STC) Fri-Thu 3:25-5:50  
Riddick: The IMAX Experience  
(14A) No Passes Thu 10:05  
Rudy (STC) Sat 11  
We're the Millers (14A) Fri-Thu  
1:35-4:25-7:20-10  
The Wolverine 3D (PG) Fri-Thu  
4:10-7:10-10:10  
The World's End (14A) Fri-Thu  
2-4:50-7:35-10:25  
You're Next (14A) Fri-Thu 8:15-  
10:45

**Empire Theatres Orleans**  
**6 Cinemas**  
**3752 Innes Rd.**  
Elysium (14A) Digital, Dolby  
Stereo Digital Fri-Tue 1-4-6:45-9:40  
Digital, Dolby Stereo Digital Wed-  
Thu 6:40-9:40  
Getaway (PG) Digital, Dolby  
Stereo Digital, No Passes Fri-Tue  
1:20-4:30-7:10-9:50 Digital, Dolby  
Stereo Digital, No Passes Wed-Thu  
7:10-9:45  
Kick-Ass 2 (14A) Digital, Dolby  
Stereo Digital Fri-Wed 8:45  
Lee Daniels' The Butler (14A)  
Digital, Dolby Stereo Digital Fri-Tue  
12:10-3:15-6:40-9:45 Digital, Dolby  
Stereo Digital Wed-Thu 6:10-9:20  
The Mortal Instruments: City of  
Bones (PG) Digital, Dolby Stereo  
Digital Fri-Tue 12:40-3:45-7-10:10  
Digital, Dolby Stereo Digital Wed-  
Thu 6-9:10  
One Direction: This Is Us (G)  
Digital, Dolby Stereo Digital, No  
Passes Fri-Tue 3:30-9:30 Digital,  
Dolby Stereo Digital, No Passes  
Wed-Thu 9:30  
One Direction: This Is Us 3D (G)  
Dolby Stereo Digital, No Passes Fri-  
Tue 12:30-6:30 Dolby Stereo Digital,  
No Passes Wed-Thu 6:30  
Planes (G) Digital, Dolby Stereo  
Digital Fri-Tue 1:10-4:15  
Riddick (14A) Digital, Dolby Stereo  
Digital, No Passes Thu 8  
The Smurfs 2 (G) Digital, Dolby  
Stereo Digital Fri-Tue 12-3-6 Digital,  
Dolby Stereo Digital Wed-Thu 6:05  
Star Trek Into Darkness — Double  
Feature (STC) Digital, Dolby Stereo  
Digital Fri-Tue 12:50  
Star Trek Into Darkness — Double  
Feature 3D (STC) Digital, Dolby Stereo  
Digital Fri-Tue 7:15 Dolby Stereo  
Digital Wed-Thu 6:50  
We're the Millers (14A) Digital,  
Dolby Stereo Digital Fri-Tue 12:15-  
3:10-6:15-9:15 Digital, Dolby Stereo  
Digital Wed-Thu 6:20-9  
World War Z (14A) Fri-Tue  
World War Z 3D (14A) Fri-Thu  
The World's End (14A) Digital,  
Dolby Stereo Digital Fri-Tue 12:45-  
3:20-6:05-9 Digital, Dolby Stereo  
Digital Wed-Thu 6:45-9:35  
You're Next (14A) Digital, Dolby  
Stereo Digital Fri-Tue 7:20-10  
Digital, Dolby Stereo Digital Wed  
7-9:50 Digital, Dolby Stereo Digital  
Thu 9:50

# Long weekend tunes



**SOUND CHECK**  
Alan Cross  
scene@metronews.ca

Labour Day. The saddest long weekend of the year. Maybe there's something here that will cheer you up.



## Skyfall/ Russian Army Choir

Six members of the army covering Adele for a Moscow morning show? James Bond gets respect, even in Russia.



## One/ Yamantaka // Sonic Titan

These "Noh-wave" experimentalists (and former Polaris Music Prize Short Listers) from Montreal have a new album entitled UZU coming Oct. 29. I, for one, can't wait.



## No Rain/Blind Melon

Isolated vocals — just the recording of the singing of well-known songs — are appearing online in increasing numbers. Here's what Shannon Hoon sounded like with all the music stripped away. No Auto-Tune here, kids.

# Timberlake. Drop what you're doing, Justin needs you!



Justin Timberlake had people taking back the streets. GETTY IMAGES

Hundreds of people flooded the streets outside a New Jersey nightclub after Justin Timberlake took to social media about filming a commercial.

The singer tweeted on Wednesday: "Join me & @Target tonight for just one song. Let's 'Take Back the Night.' First 150 get in. See you there!"

Fans jammed the street outside Maxwell's in Hoboken, and police used loudspeakers to control the crowd.

The Jersey Journal reports that Timberlake's wife, Jessica Biel, was spotted near his trailer.

The indie-rock club closed its doors after a 35-year run in July. **THE ASSOCIATED PRESS**

## Mind the App

# iTunes Festival London 2013



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
scene@metronews.ca

## iPhone/iPad/Apple TV Free

Katy Perry, Elton John, and Justin Timberlake will be among 30 nights of free concerts worth watching streamed live and on demand from the iTunes Festival in London this September.



Advertisement

# Germany's Most Popular Diet Program

Gives you noticeable results in just 14 Days

**W**ant to look and feel great? The unique Almased formula is clinically tested to support proper nutrition and help in weight management when used in conjunction with a healthy habit of diet and exercise. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased® blends only fermented, non-GMO soy, yogurt and

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WHITE CROSS DISPENSARY**

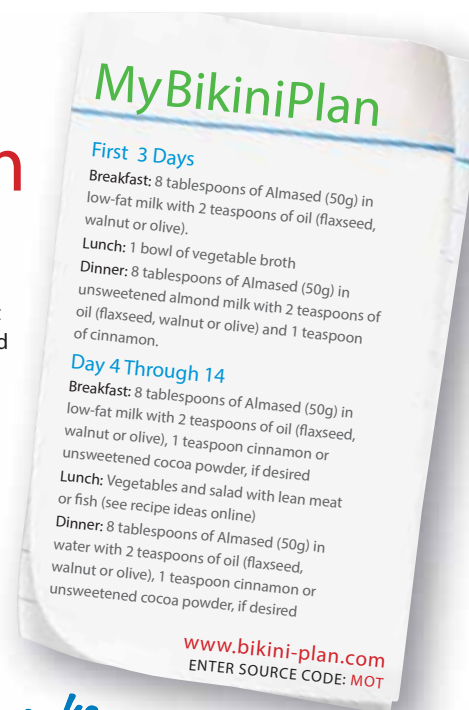
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For retailer inquiries, please call  
True North Nutrition directly at  
toll free 1-888-446-8783.



## MyBikiniPlan

### First 3 Days

**Breakfast:** 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).

**Lunch:** 1 bowl of vegetable broth

**Dinner:** 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.

### Day 4 Through 14

**Breakfast:** 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired

**Lunch:** Vegetables and salad with lean meat or fish (see recipe ideas online)

**Dinner:** 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired

[www.bikini-plan.com](http://www.bikini-plan.com)  
ENTER SOURCE CODE: **MOT**



# A look at what's on

Not sure what you want to watch but have a favourite genre? We've got you covered for the week, so set your PVRs!

**Sunday**

**Sci-fi fan**



## Witches of East End

Starts Oct. 6, Lifetime

**Drama lover**



## Betrayal

Starts Sept. 29, City

**Monday**



## Sleepy Hollow

Starts Sept. 16, Global



## Hostages

Starts Sept. 23, CTV

**Tuesday**



## Marvel's Agents of S.H.I.E.L.D.

Starts Sept. 24, CTV



## Lucky 7

Starts Sept. 24, City

**Wednesday**



## The Tomorrow People

Starts Oct. 9, CTV



## Ironside

Starts Oct. 2, Global

**Thursday**



## Once Upon a Time in Wonderland

Starts Oct. 10, City



## Played

Starts Oct. 3, CTV

**Friday**



## Dracula

Starts Oct. 25, Global



## The White Queen

Starts Sept. 6, Super Channel

**Mid-season shows**

### Sci-fi:

- Believe (CTV)
- Intelligence (CTV)
- Resurrection (City)
- Almost Human (Global)

### Drama

- 24: Live Another Day (Global)
- Chicago PD (Global)
- Crisis (City)
- Crossbones (Global)
- Kill-Women (City)
- Rake (Global)



# Only one thing is off limits when interviewing Caplan

**Interview.** The new star of Showtime's *Masters of Sex* won't dish on her ink, but she's open about everything else



**NED EHRBAR**  
Metro World News in Hollywood

Lizzy Caplan has a tattoo on her wrist, but she's not about to explain what it symbolizes.

"I never tell," says Caplan, who co-stars with Michael Sheen in the new Showtime

series *Masters of Sex*, about pioneering researchers Masters and Johnson. "That's one that I'll never answer, but you can ask all you want about gross sex stuff." Challenge accepted.

**How much do you talk about sex while filming?**

I mean... how much do people

talk about sex on any film set? It's like what anybody talks about, so... yeah.

**How nerve-racking are the sex scenes to shoot?**

I've done a few of them before, and it was very, very scary before doing my first one ever. As soon as that one

was done, it was shockingly not scary. Because you grow to realize that nobody there is sitting there critiquing your body. In fact this is a team of very, very accomplished and experienced men and women who know how to light and film you so you look absolutely great.



**Michael Sheen and Lizzy Caplan**  
star in *Masters of Sex*. CONTRIBUTED



**There's a page for that in the new IKEA Catalogue.**

Visit [Ikea.ca/Catalogue](http://Ikea.ca/Catalogue) to see it now.

# Show keeps viewers In the Thicke of It

It's a question that keeps *Growing Pains* fans awake at night to this day: is actor Alan Thicke really as understanding and great a dad as his onscreen persona, Jason Seaver?

"I don't think there will be any great surprises in my character," says the Kirkland Lake, Ont., actor.

He and his wife of eight years (together for 14), Tanya Thicke Callau, are the newest celebrity couple to open their home to reality television cameras for *In the Thicke of It*, airing this winter on Slice.

"I think we all had qualms about it to some degree," said Thicke. "Not as bad as when I was offered a commercial for an erectile dysfunction tablet ExtenZe a couple of years ago. That was a big family conversation. Whether you really want to be the face of erectile dysfunction and whether that was flattery or not."

After that conversation, deciding to do reality television show was relatively easy for the family.

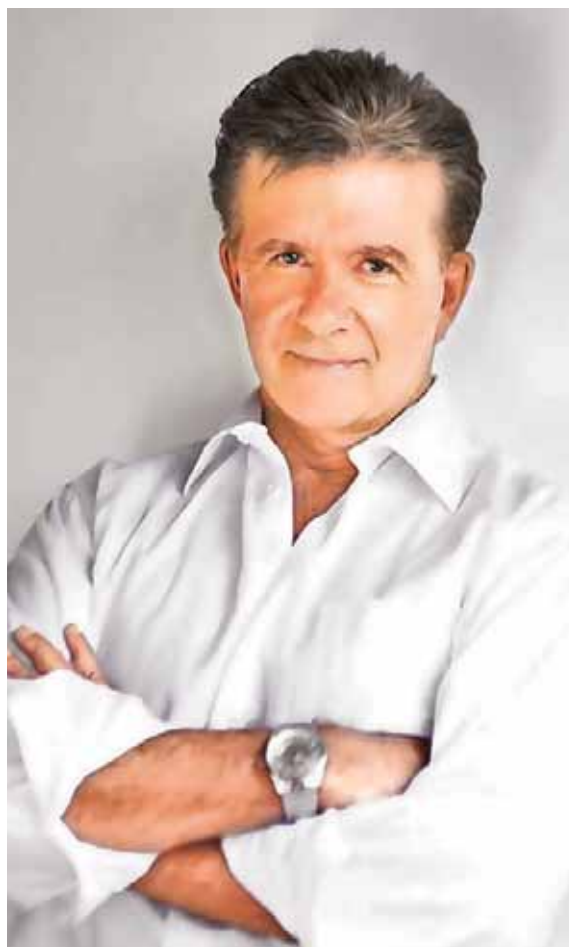
"It seemed a good opportunity to maybe create a hybrid of the genre," said Thicke. "A reality-comedy. we see this falling somewhere between Larry David and the Kardashians. That is our hope, to have fun with real life."

And, yes, that look inside the Thicke family dynamics will include some backstage appearances with Blurred Line's singer Robin, along with medical marijuana advocate Brennan and high schooler Carter.

"The three children, we expect to deal with them in their venue, in their genre," said Thicke. As for revealing details of his life with wife Tanya, Thicke said, "We've paid our dues with each other and we are not afraid."

"We are also the Ricky and Lucy I think," adds Tanya, who is Latina and met her husband in Miami when he was hosting an event.

"Culturally we are miles



Is Alan Thicke similar to his TV dad personality? He and wife Tanya are the newest celebrity couple on reality TV. CONTRIBUTED

## Give us some gossip!

So what is it like to be at a Jenner-Kardashian Christmas party?

- "If anyone knows how to spend money it is Kris Jenner, and she just throws a very lavish, exciting, fun party," says Tanya Thicke Callau, who was one of Kris' bridesmaids. "They are all dressed in black and white — go figure — and I believe a couple years ago Bruce Jenner got into an incident with the neighbour."
- "There was an incident last year, and the cameras weren't around to cover it," added Alan Thicke. "The neighbours were complaining about parking or whatever was going on, and Bruce literally duked it out with this guy in the driveway. No cameras in sight."

apart, but somehow we have managed to meet in the middle," added Thicke.

In the Thicke of It premieres in winter 2014.

METRO

## Apple iTunes FESTIVAL



Vampire Weekend  
September 15



Thirty Seconds to Mars  
September 18



Robin Thicke  
September 24

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Michael Douglas and Catherine Zeta Jones

## Jailbird Cameron thought to be reason why Douglas and Zeta Jones split

The recent split between Michael Douglas and Catherine Zeta-Jones was reportedly spurred along by tension caused by his incarcerated son, Cameron Douglas, according to Radar Online. "Cameron is in solitary confinement and hasn't seen his father in an eternity, as he can't have visitors. Michael is beside himself. It consumes

him," a source says. "Cameron and Catherine never seemed to have a close relationship, and I think Michael always felt she just didn't care for the situation. He probably felt there was little sympathy from her toward him and Cameron." Cameron is expected to remain in prison on drug charges until 2018.



Kate Middleton

## Middleton's après-birth body garnering the envy of mothers everywhere

Kate Middleton stepped out for some grocery shopping this week looking slim just five weeks after giving birth to Prince George. What's certain to enrage other new moms, though, is that the Duchess of Cambridge has apparently "hardly done anything to lose weight," ac-

cording to Us Weekly. "A few weeks after George was born, you could hardly tell she had just given birth," a source says. "Kate's still breastfeeding, and the small weight she gained while pregnant has just melted off. She's not dieting. After giving birth, she did continue with her yoga."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Let's cut Cyrus some slack and remember what we did in our crazy 20s

PAT HEALY  
Metro World News in Boston

I'm just going to go ahead and say it: Miley Cyrus really doesn't care and I sort of love her for it. What? Don't look at me like that. The hipster dream sequence/American Apparel-ad on-acid spectacle that was the video for 'We Can't Stop' was weird as hell, but it was also sort of amazing. And you all know it.

And here's the thing, people. Do you know how old Miley Cyrus is? She is 20 years old. Do you remember what you were doing at 20? Not caring about anything pretty much. Getting all kinds of messed up on all kinds of substances and making all kinds of mistakes. (Ahem, at least that's what I imagine YOU all were doing.

I was studying for finals, in my pajamas, at all times.)

The difference between 20-year-old you and me, however, is that we didn't have cameras documenting our every move. (Unless you did, in which case — hey, cool, thanks for taking time out of your fancy celebrity life and reading this column!)

So, in my estimation, Miley Cyrus is pretty much hitting all the normal, 20-year-old idiot signposts — and awesomely so.

Case and point: in response to the hysterics since her VMA performance (I'm having a little chuckle at my desk right now imagining middle-aged women furiously googling the word "twerk" and getting really, really confused) Miley did not issue some half-assed apology for slutting it up and having a good time via Twitter.

No, Miley instead began tweeting a bunch of slutty pics of herself — all of them featuring her bony butt from its least bony angle — by way of issuing the world a big middle finger. Get on with your bad self, Miley.



Zach Braff ALL IMAGES GETTY

## Busy Braff keen to please all 46,000 investors of his imminent Kickstarter flick

After his hugely successful Kickstarter campaign to fund his next movie drew just as much criticism as support, Zach Braff knows he has something to prove as *Wish I Was Here* goes into production. "If this is the test case for this way of financing a movie, I want to set the bar really, really high," Braff tells E! News. Of course, having

46,000 investors for your film can be a bit daunting, but Braff says no one is getting short shrift. "If any of these 46,000 people email us or contact us, they get a response that day, hopefully within a couple of hours," he says. "We treat them like they're guests at the fanciest hotel and we're the concierge."

### Twitter



@EmmaBunton  
Have I missed anything??



@SarahKSilverman  
Here's a fun fact. We are all 100% definitely going to die.



@ActuallyNPH  
I've decided that I'd like to be J.J. Abrams' best friend. I feel like that should happen.

Liquid Assets

## Season's end sipper



**LIQUID ASSETS**  
Peter Rockwell  
@therealwineguy  
liquidassets@eastlink.ca

Coming from the Maritimes, I know that September can offer the best beach weather of the year. Even so, for the vast majority of Canadians the Labour Day is summer's last call.

Since the acknowledgment of hard work is the reason why we have this Monday off, I can't think of a better way to say a premature adios to summer than with a toast using something that took a little effort to create.

European bartenders have been mixing and matching their local liquids for decades, creating easy-to-make cocktails that more often than not have a wine base. All you need to get started is a bottle of white or sparkling.

In France's Burgundy region, Kir (using white) and Kir Royale (using sparkling) is made by adding a teaspoon of Crème de Cassis (\$20.79 to \$22.20) – a thick fruited blackberry liqueur – to the wine.

My favourite vino cocktail is The Spritz, invented in Northern Italy. Made with bubbly Prosecco, a dash of bitter Aperol (\$21.99 to \$26.98) aperitif and topped off with fizzy water, it's refreshing, no matter the season. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



Marinades are the easiest way to add flavours to your meals. MATTHEW MEAD/ THE ASSOCIATED PRESS

# One final summer long weekend hurrah

**Marinades.** Surprise your backyard get-together guests with some new flavours

### Citrus marinades

Citrus juices are fairly acidic, which means they permeate and tenderize food quickly.

They work great as a base for marinades that you want to throw together just before dinner. For seafood, marinate for up to 30 minutes; chicken and steak can handle up to 2 hours.

**Chipotle-Lime:** Juice and zest of 2 limes, 2 tablespoons adobo sauce and 1 minced chipotle chili from a can of chipotles in adobo sauce, 2 cloves minced garlic, a hefty pinch of salt.

**Orange-Cumin:** Juice and zest of 1 orange, 1 tablespoon ground cumin, 1 teaspoon chili powder, 1 teaspoon garlic powder, a hefty pinch of salt. Try with haddock or chicken breasts.

**Lemon-Herb:** Juice and zest of 1 lemon, 1 tablespoon Italian herb blend, 1 teaspoon ground black pepper, hefty pinch of salt. Good on salmon or chicken thighs.

### Vinaigrette marinades

Because vinegar is so aggressive, you'll want to temper it with oil. This helps carry the flavour into the food, as well as prevent the flavours from becoming too jarring. For fish, seafood and vegetables, marinate for 30 minutes and to up to 2 hours. For chicken, steak and pork, you can go for up to 8 hours.

**Garlic-Balsamic:** 2 tablespoons olive oil, 2 tablespoons balsamic vinegar, 4 cloves minced garlic, hefty pinch salt. Try with pork loin or steak tips.

**Spicy Hoison:** 2 tablespoons rice vinegar, 2 tablespoons hoisin sauce, 1 tablespoon vegetable oil, 1 teaspoon red pepper flakes, 1 teaspoon five-spice powder. Try on chicken tenders or scallops.

**Maple-Soy:** 2 tablespoons soy sauce, 3 tablespoons apple cider vinegar, 2 tablespoons maple syrup. Try with pork tenderloin medallions or cod.

### Wine marinades

Wine is a great base for subtle marinades. Because they have a softer flavour than citrus or vinegar, you can use them to highlight other flavours. These mar-

inades work especially well for hearty vegetables and meats. Marinate from 30 minutes to overnight.

**Red Wine-Rosemary:** 1/4 cup red wine, 1 tablespoon olive oil, hefty pinch each of salt and black pepper, 1 large stem rosemary, chopped. Try with portobello mushrooms.

**White Wine-Mustard:** 1/4 cup dry white wine, 3 tablespoons Dijon mustard, 1 tablespoon vegetable oil, hefty pinch each salt and black pepper. Great with chicken or eggplant.

**Raspberry-Ginger:** 1/4 cup sweet red wine, 1/4 cup seedless raspberry jam, 1 tablespoon vegetable oil, 2 tablespoons grated ginger, hefty pinch each salt and black pepper. Try on pork chops. **THE ASSOCIATED PRESS**

Ingredients

- 6 large ears of corn (3 with husks and silks removed, all 6 soaked in water, 10 mins)
- 1 tbsp olive oil
- 4 tbsp sweet butter, melted
- 1/2 cup mayonnaise
- 1/4 cup chopped fresh cilantro, plus sprigs to serve
- Zest and juice of 1 lime
- 2 cloves garlic, finely grated
- 1/2 tsp chipotle chili powder
- Maldon or other flaked sea salt
- 1/2 cup queso anejo
- 1/2 cup grated Asiago cheese, plus extra to garnish
- 6 slices apple wood smoked bacon, cooked and crumbled
- Ground black pepper

## Mexican street corn in a salad

1. Heat grill for medium-high direct heat cooking.

2. Remove corn from water and pat dry. Brush 3 ears of husked corn on all sides with the olive oil. Leave other ears of corn in their husks.

3. Place all corn on cooking grate. Grill, turning occasionally, until husked corn is well-browned and charred in places, about 10 minutes. Other ears of corn will steam in husks, but the husks themselves will be dried out and

charred in places.

4. Remove corn from grill and set aside until cool and easily handled, 5 mins. Once cool enough to handle, remove husks and silk from 3 ears that were grilled with them on.

5. One at a time, stand each ear on wide end and use serrated knife to saw down length of cob to remove the kernels. Discard the cobs, then transfer the kernels to a large bowl. Mix in the melted butter, then set aside.

6. In a bowl, stir together the mayonnaise, cilantro, lime zest and juice, garlic, chili powder and pinch of salt. Stir in both cheeses and most of the bacon, reserving a little for garnish. Add the dressing to the buttered corn kernels and mix well. Taste and season with salt and pepper. Garnish with grated cheese, cilantro and the reserved bacon. Serve chilled or at room temperature.

**THE ASSOCIATED PRESS/ ELIZABETH KARMEI, THE AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED**



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Eugenie Bouchard returns a shot to Angelique Kerber at the U.S. Open in New York on Thursday. DAVID GOLDMAN/THE ASSOCIATED PRESS

# Bouchard bounced out in second round

**U.S. Open.** Montrealer has her serve broken seven times in loss to women's eighth seed

Montreal's Eugenie Bouchard fought off four match points before losing 6-4, 2-6, 6-3 to eighth-seeded Angelique Kerber on Thursday in the second round of the U.S. Open.

Bouchard was unable to match her third-round Wimbledon showing last month.

The teen, ranked 59th in the world, finished with 41 winners and 43 errors against Kerber.

Bouchard broke six times on 14 chances but lost her own serve on seven occasions and committed seven double-faults.

Bouchard saved four match points through winners as she served trailing a set and 3-5 in the third. But a serving error handed Kerber a fifth winning chance, with the German taking the victory on Bouchard's wide forehand.

"It's always disappointing to lose, I'm a bit down about that," Bouchard said. "I felt I played well, I tried to be aggressive. But she's a good counter-puncher, every time I came to the net she passed me."

"My first serve was nowhere as good as it can be, but

## Seeing doubles

Toronto's Daniel Nestor and Vasek Pospisil of Vernon, B.C., combined for a first-round men's doubles win, beating India's Mahesh Bhupathi and German Philipp Petzschner 6-3, 7-6 (4).

- It was Nestor's first match since splitting from Swede Robert Lindstedt this month.

I made up for some of it with my second serve. But I need to work on my fitness as well as my mental strength. This

match showed that I'm close, I was dictating and competing. But I need to get a bit more consistent."

Aleksandra Wozniak of Blainville, Que., playing only her second match since March after last autumn's shoulder injury, faced a huge task against double Grand Slam champion Victoria Azarenka and lost 6-3, 6-1.

In men's second-round singles action, Spain's Tommy Robredo defeated Frank Dancevic of Niagara Falls, Ont., 6-4, 6-1.

Later, 10th-seeded Milos Raonic of Thornhill, Ont., faced Spain's Pablo Andujar.

THE CANADIAN PRESS

## MLB

### Blue Jays keeping farm in Buffalo

The Toronto Blue Jays are going to keep their triple-A affiliate in Buffalo for a while.

This was the first season that the Bisons were Toronto's top minor-league team.

The Bisons have added a two-year extension to their current player-development relationship that will go through 2016. The announcement came Thursday during Buffalo's final home game of the regular season.

The Blue Jays have had just two other triple-A affiliates since 1978: Syracuse from 1978-2008 and Las Vegas from 2009-2012.

THE ASSOCIATED PRESS

## NHL

### B's sign Chiarelli to extension

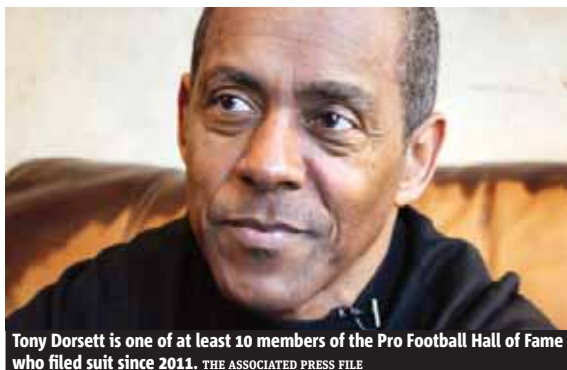
The Boston Bruins have signed general manager Peter Chiarelli to a four-year contract extension through the 2017-18 season.

With Chiarelli in charge, the Bruins won the Stanley Cup in 2011 and went to the final last season. They've made the playoffs in six of the seven years he has been GM, going 50-35 in the post-season.

The Bruins have had a regular-season winning percentage of .596 under Chiarelli, who is also part of Team Canada's management group for the 2014 Winter Olympics in Sochi.

Chiarelli was assistant general manager of the Ottawa Senators before being hired by the Bruins in 2006. THE CANADIAN PRESS

# \$765M deal: NFL settles concussion cases



Tony Dorsett is one of at least 10 members of the Pro Football Hall of Fame who filed suit since 2011. THE ASSOCIATED PRESS FILE

The NFL agreed to pay more than three-quarters of a billion dollars to settle lawsuits from thousands of former players who developed dementia or other concussion-related brain disorders they say were caused by the very on-field violence that fuelled the game's rise to popularity and profit.

The class-action settlement, unprecedented in sports, was announced Thursday after two months of court-ordered mediation and is subject to approval by a federal judge. It came exactly a week before the

first game of the 2013 season, removing a major legal and financial threat hanging over the sport.

U.S. District Judge Anita B. Brody in Philadelphia is expected to rule on the settlement in two to three months but said it "holds the prospect of avoiding lengthy, expensive and uncertain litigation, and of enhancing the game of football."

More than 4,500 former players, some of them suffering from depression or dementia, accused the NFL of concealing

## Allocation of funds

The majority of the \$765-million settlement will go to compensating athletes with certain neurological ailments, plus plaintiffs' attorney fees.

- It sets aside \$75 million for medical exams and \$10 million for medical research.

the long-term dangers of concussions. THE ASSOCIATED PRESS

## Horoscopes

### Aries

March 21 - April 20

You have met so many challenges lately that you are entitled to back off — but you won't. Mars, your ruler, is urging you to go on the attack. Keep the pressure on your rivals, and on yourself.

### Taurus

April 21 - May 21

There are a number of things you no longer need in your life and now is the time to get rid of them. You know what they are and how they are holding you back, so go on and purge.

### Gemini

May 22 - June 21

It will be easy to go over the top and say something you don't really mean — and the consequences could be costly. You don't need to be so forthright in your opinions.

### Cancer

June 22 - July 23

Your mind is moving super fast at the moment, thanks to the positive influence of Mercury. But others won't be so quick in the brain box department, so make allowances and spell out the answers for them.

### Leo

July 24 - Aug. 23

You must resolve to stay the course, whatever the temptation may be to cut your losses and get out. Your solar chart indicates that it will all work out right in the end.

### Virgo

Aug. 24 - Sept. 23

Even if the facts are on your side, you could be in a difficult position today because friends and colleagues have got it completely wrong and you don't want to embarrass them. Still, the truth is the truth.

### Libra

Sept. 24 - Oct. 23

Your popularity will soar over the next few days and people in positions of power will go out of their way to do you favours. Bear in mind though that they will expect those favours to be returned.

### Scorpio

Oct. 24 - Nov. 22

You are not the kind to let people dictate to you but cosmic activity in the career area of your chart suggests you may have to today. Try not to antagonize authority figures.

### Sagittarius

Nov. 23 - Dec. 21

A Sun-Saturn link will boost your self-discipline and make it easier for you to complete tasks that you might otherwise lose interest in. It's not true that Sags lack in staying power. Prove it.

### Capricorn

Dec. 22 - Jan. 20

There may be no logical reason why a certain person gets on your nerves but they do and there isn't much you can do about it. What you can do, of course, is stay out of their way for the next 24 hours.

### Aquarius

Jan. 21 - Feb. 19

Don't allow yourself to be talked into supporting a cause you don't believe in. Just because it is the fashionable thing does not make it right.

### Pisces

Feb. 20 - March 20

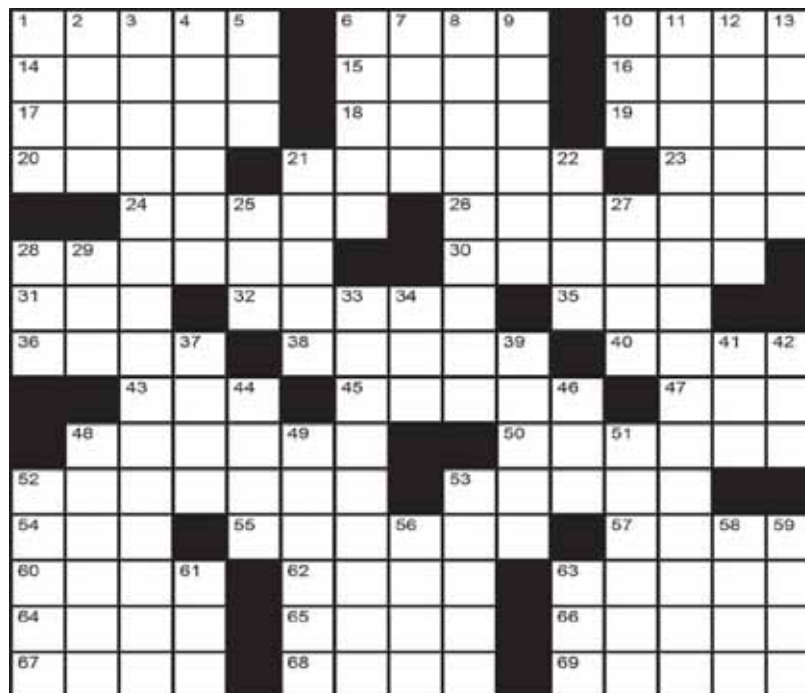
There is no point trying to explain why you have chosen to follow a certain course — few people are likely to understand. The only thing that matters is that you believe you are doing the right thing. Do you?

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Apple, in Quebec City
6. Boxing blows
10. Cook's crackees
14. Vestibule
15. Fit
16. Ms. Loughlin of "Full House"
17. "Over There": Composed by George M. \_\_\_\_
18. "Proper" word?
19. String problem
20. Ladies
21. Swanky neighbourhood of Winnipeg
23. \_\_\_\_ and flow
24. "\_\_\_\_! I remember now!"
26. Escape; or, Selena Gomez's new movie
28. Fellini film, "La \_\_\_\_" (1954)
30. Restrain: 2 wds.
31. Furry friend
32. "...upon so \_\_\_\_ subject as myself." - Bit of Romeo and Juliet
35. Big hurricane, \_\_\_\_ 5
36. Longbow woods
38. Hen's home
40. Crevice-filling wedge
43. Q. "What's the opposite of 'out'?" A. "\_\_\_\_", \_\_\_\_ think."
45. Ms. O'Donnell
47. Numerical prefix
48. Mini burger



50. Vancouver-born actor James who played Scotty on "Star Trek"
52. Certain cracker
53. Category
54. "Babe: \_\_\_\_ in the City" (1998)
55. Mary-Kate and Ashley
57. Venerations
60. Moisturizer

- ingredient
62. "Make \_\_\_\_." ("Star Trek: The Next Generation" catchphrase)
63. Sharpshoot
64. Not ruffled
65. Crease
66. President Nixon's first VP, Spiro \_\_\_\_
67. Rubik's Cube inventor, \_\_\_\_ Rubik

68. Genuine
  69. Gives up control
- Down**
1. Mil. ranks
  2. "Woow!"
  3. Celine Dion hit: 5 wds.
  4. Fredericton-born soprano Ms. Brueggergosman
  5. Sea eagle, variantly
  6. Roman Myth: God

- of beginnings
7. "...like \_\_\_\_ of chocolates..." - Forrest Gump
8. Country sound
9. E-Mail getter, say
10. Antlered animal
11. Film classic on Vancouver-born actress Ann Rutherford's resume: 4 wds.
12. Josh of song

13. Be indifferent: 2 wds.
21. "Coffee, \_\_\_\_ milk?"
22. Ear-related
25. NFL measurements
27. Collections of anecdotes
28. Mata Hari, for one
29. Little laugh, \_\_\_\_-hee
33. Montreal-born opera great, Maureen \_\_\_\_
34. Also
37. Miffed state
39. Rolling-to-shore waters
41. Mr. Gershwin
42. Maximum opp.
44. Prefix to 'syn-crazy' (Mannerism)
46. Time type
48. Popeye's profession
49. Join the army
51. Netflix prison-set series, "\_\_\_\_ Is the New Black"
52. Astronomer's interest
53. Pointed-hat garden ornament
56. Classic tongue-twister bit, "\_\_\_\_ Wood sawed wood."
58. Blade in sports
59. Uses needle-and-thread
61. Jeff Lynne's gr.
63. Pouch

### Yesterday's Crossword

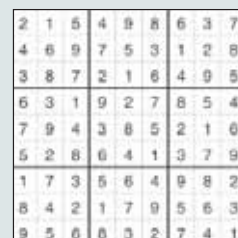


### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



**Today** 28°/20° Thunder showers 40%

**Saturday** 28°/18° Rain 90%

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